

BBC

August 2015
DHS15 | QR15

goodfood

Middle East

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The
thrifty
50

top tips to cut costs

Herby feta & nectarine
salad with lemon
dressing, p39

Party tips

How to throw a
fabulous party

Get *kids*
cooking!

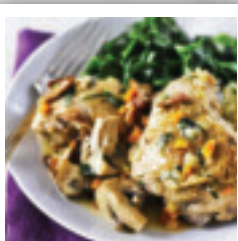
Budget issue



Feed your family
for under Dhs30



Budget dinner
party menu



Plan an
inexpensive feast

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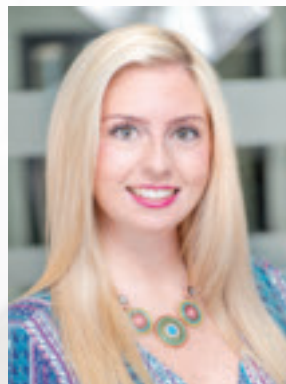
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Welcome!



I've always found August a funny month in Dubai – activities remain limited as temperatures soar, everyone is coming and going, which in turn makes things feel slightly out of routine, and money feels tighter than usual as we return from summer getaways. Having just got back from Europe myself, now more than ever I can relate to friends alike who are spending the month of August 'reining it in' and giving the bankcard some much needed TLC.

It's no secret that living here comes with a price tag, however, it wasn't until my trip back home to

Portugal last month that I realised just how much more we pay for the everyday things here in the UAE, like fresh fruit and veg for example – we suffer from some serious import mark ups. All things considered, this month's 'Budget Issue' is here to save the day, and explores a wide variety of scrumptious, inexpensive dishes (*Feed your family for under Dh\$30*, p28), and low-cost meal plans (*Your budget week*, p32), that won't break the bank. And, whilst the summer heat persists and indoor entertainment continues, you'll also find a complete guide to hosting a dinner party (*How to throw a fabulous party*, p50), with recipes for feeding your guests for as little as Dh\$30 per head (*James Martin's Dh\$30-a-head feast*, p56), in addition to fun, chic ice-lollies to impress your friends with (*Glamorous & grown-up*, p64).

Speaking of grown-up fun, can you believe it's that time of year again – *The BBC Good Food Middle East Awards* are back! Nominations are now open and your 2015 foodie favourites await your vote! Be sure to check out pg70 for all the details.

Whether you're off exploring this month or staying put, bear in mind that you don't need to splash the cash to eat well or have fun! Remember, – the best things in life are free!

Happy cooking,

Sophie

Acting Editor

@SophieLouise_ME @BBCGoodFoodME

Editor's picks

◆ I am, quite literally, obsessed with this Aloe drink! It's so refreshing! p67



◆ As an ice-lolly addict, I'm looking forward to trying these recipes. p64

◆ The plan is to keep my diet fresh this month. I'll start with this 'summer baked plaice' recipe. p25



goodfood
MIDDLE EAST
AWARDS
2015

NOMINATIONS ARE NOW OPEN!

goodfood
MIDDLE EAST

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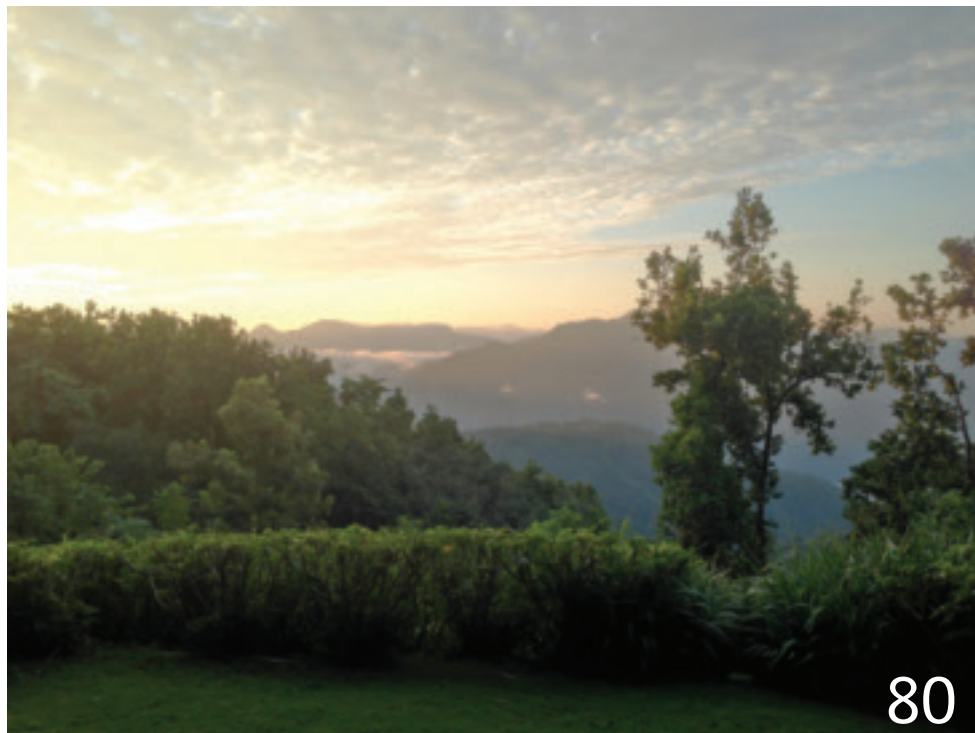
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Our recipe descriptions

V Suitable for vegetarians

❄ You can freeze it

❄ Not suitable for freezing

Easy Simple recipes even beginners can make

A little effort These require a bit more skill and confidence – such as making pastry

More of a challenge Recipes aimed at experienced cooks

Low fat 12g or less per portion

Low cal 500 calories or less per main.

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.

Good for you Low in saturated fat, low in salt.

Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids

1 of 5-a-day The number of portions of fruit and/or veg contained in a serving

Vit C **Iron** **Omega-3** **Calcium** **Folate** **Fibre**

Indicating recipes that are good sources of useful nutrients

GLUTEN FREE Indicates a recipe is free from gluten

Some recipes contain pork & alcohol.

These are clearly marked and are for non-Muslims only. Look for these symbols:

P Contains pork

🍷 Contains alcohol

Store Directory

Contact numbers for outlets featured in this issue

Bloomingdale's Dubai: 04-3505464

Carrefour: 04-80073232

Fiore Rosso: 04-2517868

Galeries Lafayette: 04-3399933

Jashanmal: 04-3471715

Lakeland: 04-3236081

O Concept: 04-3455557

Spinneys: 04-3555250

Tavola: 04-3402933

Villeroy & Boch: 04-3399676

Waitrose: 04-4340700

Zara Home: 04-3453373

Note: Prices in Qatari Riyals are approximately the same as UAE Dirhams.

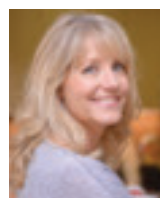
Meet our Editorial Panel

The exclusive group of experts who are part of the **BBC Good Food ME** family:



Uwe Micheel

A veteran chef, Uwe has been cooking since he was 12, and in the interim 30 odd years, he has picked up numerous awards, and has been serving as President of the Emirates Culinary Guild since 1999. A member of several international chef's groups, he is one of the UAE's most respected culinary personalities.



Kate Fisher is a highly qualified and experienced nutritionist who has been working in the UK and the Middle East with various hospitals and clinics since

the 1980s. A trained microbiologist, and graduate of Nutritional Medicine from University of Surrey, she has, among other things, set up a clinic in Harley Street, and worked with private clinics and food brands, as a nutrition consultant.



Tomas Reger is an award-winning freelance chef and food consultant who has been based in UAE for over eight years. Originally from the Czech Republic, he started his culinary career in London, working his way up from apprentice to head chef in a Chinese restaurant within a year, before moving to Dubai. As founder of Tomas Reger Food Consultants, the respected chef works on bespoke restaurant projects and a wide range of events.



Michael Kitts The Director of Culinary Arts at the Emirates Academy of Hospitality Management has hung up his chef's whites,

wearing which he had spent over 20 years working at various leading establishments in London and won numerous accolades, to turn mentor and teacher to young aspirants of the hospitality industry in the UAE's leading training centre.

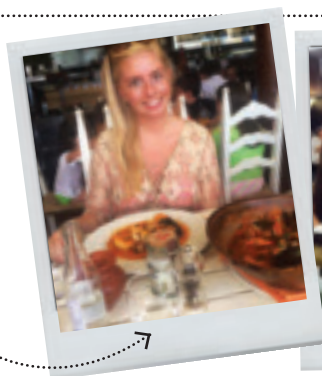


Andy Campbell A Scottish celebrity chef who now calls Dubai home, Andy has trained at Westminster College, and previously worked at various restaurants, including Michelin-starred ones, and also ran his own restaurant in London, before moving here to work as a private chef for exclusive events. He currently also consults with Arabian Health Care in Ras al Khaimah.

Behind the scenes

Take a look at what the **BBC Good Food ME** team members got up to this month!

Acting Editor, Sophie enjoys traditional seafood cataplana in Portugal.



BBC Good Food ME welcomes Assistant Editor, Surena to the team!

Senior Designer, Odie and her family visited Rose Rayhaan by Rotana for dinner!

Menu planner

Whip up a delicious meal with recipes from this issue

Dinner party for less than Dhs150



Cauliflower & apple soup, pg56



Lentil rice salad with beetroot & feta dressing, pg38



Beef & lentil cottage pie with cauliflower & potato topping, pg34



Individual rhubarb ripple Pavlovas, pg58



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Your say

We love to hear from you!

A SUMMER STROLL

The July edition was filled with exciting recipes! What caught my eyes the most this month was the vibrant summer theme. It was like a walk through summer starting from the mouth-watering lolly on the cover, to the refreshing drinks, ice cream desserts, colourful summery salads and tips on how to keep hydrated. Not only that, but in addition to the June edition it gave me further options to have on my Iftar table. Last but not least, the 'Summertime Sharing' section gave me great ideas on some delicious and quick recipes to welcome Eid guests. Looking forward to reading the next edition.

Arooj Ahmed



SUPER FOODIE

I've been trying to slim down by mainly eating salads. Which, can become tiresome, boring and bland. I'd just like to say a big thank you for the 'Super food, super you' recipe feature in the July issue!

I've tried making two of them and they are wonderfully satisfying and flavourful. Although I'm still eating salads, I feel like my at-home menu has had a revamp. Please keep the salad recipes coming!

Sandy Morrison

Star Letter

MARVELOUSLY MEDITERRANEAN

Coming from a land where fish tastes better when fried and food tastes best dripping in oil, I had a revelation of sorts with *BBC Good Food ME's* feature on Mediterranean diets. It was a beautifully written piece with clear explanation of the why and how of things. I have always found it odd to see people in Dubai fuss over a little oil in their food, while they gladly plunge into processed, junk food for the next meal. The balance is non-existent. Your feature made complete sense on why it is important to change the whole diet plan, and not just one single element of it. The Mediterranean diet

The winner of the Star Letter, gets a **DHS1,000 SHOPPING VOUCHER FROM TAVOLA**, the leading retailer of European products and essential items for the kitchen. Tavola is a one-stop-shop for bakeware, tableware, high quality cookware and premium brands such as Mauviel, La Creuset, and Zwilling kitchen knives. They have stores in the UAE and Qatar, as well as across the GCC.



received a newfound respect in my heart and I'm going to make sure my family reads the feature too so that we can shift to the wonderful cuisine together in harmony. With the lovely recipes attached, complete with its healthy benefits, the transition is going to be an enjoyable one too. Here's to your team for the much-needed awareness spread on healthy eating habits!

Osama Eid



ASPIRING YOUNG CHEF

Thank goodness for the summer! I have so much more time to spend in the kitchen. Being a full-time working mum I usually look for quick and easy mid-week meals that are convenient for the family but thanks to the holidays I can spend more time in the kitchen on freshly made meals. My daughter and I have been rediscovering our love of all things food related enjoying cooking and baking this summer. What has impressed me most is my

daughter's confidence in the kitchen. This week she decided to make chocolate éclairs all by herself. At 11 years old we were most impressed with the results and enjoyed them with a cup of tea. Long live the school summer hols we say!

Sabrina Moutarde



From our social media pages

* @diannej is in the July edition of @BBCGoodFoodME. Check out this article!

— De Capo Cooking

* @hackhound seriously though, if you are looking to lower cholesterol @BBCGoodFoodME is my go-to. Try their 'cholesterol-friendly' recipes.

— Henrietta High

* @BBCGoodFoodME Great job guys and thanks for the inspiration <3

— @whostalkingPR



TALK TO US!

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Foodie file

What's hot and happening in the culinary world, here and around the globe.



Crab Tavern

DINE IN THE CITY

BE ON THE LOOK OUT FOR THESE NEW ADDITIONS

* Making it's Dubai debut, Crab Tavern has now opened in Media One Hotel, Dubai Media City, offering the classical American surf and turf concept, with an array of grilled meats and seafood options on the menu. Presenting a typical crab shack, slash sports bar kind of feel, house specialities are said to include the West Coast bucket boil, jumbo shrimp cocktail and the surf and turf salad. Open 12.00pm to 2.00am daily for lunch and dinner, the outlet will also launch a Friday brunch on August 14. Call 04-4207489.

* Lovers of authentic Greek cuisine, head to Jumeirah Lakes Towers where Mythos is now open. It seems this venue is all about simplistic, yet flavourful food, presented in a traditional Greek-like taverna surrounding that subtly showcases the pale blue tones and chalky whites of which Greece is known. Open from Sunday to Thursday from 7.00pm to 11.30pm, and until 12.00am on Fridays and Saturdays, the new restaurant is located in Armada Tower 2. Call 04-3998166.

* With its soft launch announced for this month, we can soon expect to see the grand opening of internationally acclaimed Novikov Restaurant & Bar at Sheraton Grand Hotel, SZR. Boasting sister restaurants in both London and Moscow, the brand celebrates a variety of Asian cuisines, offering a progressive oriental experience from Japan, China, and across South-East Asia. The restaurant has its own main road entrance, and spans two floors, each divided into four distinct areas - bar and lounge, sushi counter, main dining room and mezzanine private dining room with views of the open kitchen. We're told Novikov's signature dishes Peking duck, king crab leg wasabi gratin and toro tartare with caviar, are ones to try. Call 04-5034444.



Save the sea bass!

One of our menu favourites may be in danger, conservationists have warned. Urgent action is said to be needed to prevent the rapidly declining stocks of sea bass, the Marine Conservation Society have announced. With stocks of the popular fish at their lowest in 20 years, the International Council Exploration of the Sea, has called

for total catches of both commercial and recreational fisheries to be cut by 80% to slow the dangerous declines. This is one to bear in mind the next time you visit the fish counter!



Meet your new sous chef

It can be quite a task in the kitchen when you're cooking, your hands are dirty, and you need a recipe, want to skip the music, accept a call or browse channels. To conquer all, NewerTech has launched the 'kitchen kit iPad stand', which allows you to safely use your iPad in the kitchen to view recipes, videos, browse the web, listen to music, chat on Skype and more – all whilst cooking. With soft touch, scratch-resistant rubberised, aluminium finish and a weighted, anti-skid rubber base with removable silicone blocks that keep your iPad right where you want it at all times, even in a busy kitchen - safe from splashes, spills and kitchen debris. You can quickly and securely clip in your iPad for a full 360-degree range of motion and precise positioning, so the iPad is always in the right spot for viewing. And, to clean up all you'll need is a damp cloth.



Cooking is like love. It should be entered into with abandon or not at all.

-Harriet van Horne



What's trending

#Foodmap

Connecting those who love food with the best global dishes discovered on foodie travels, 'The Food Capitals of Instagram', is a new interactive map application that highlights cities from around the world where most photos of 'must try' foods are coming from. And, to much surprise most of the results coming from this app are not from France and Italy. Who would have guessed that sushi is most shared in New York, or burgers are most shared in London, or bánh mì most in Melbourne. By clicking on an icon for each hashtagged food item, the map changes to show where that particular dish is #trending. Join the trend, track down your favourite food, and you never know where you may be travelling to next.



Home



DID YOU KNOW?

The food and beverage sector in the UAE is set to grow **36%** by the end of 2015, according to The H Holding Enterprise expert, Youssef Jammal. And, by 2019 another 1,600 new F&B outlets are expected to be added to Dubai's existing offering.

MINI MARMITE

Did you know that Marmite was named the second most confiscated food item last year by London City Airport? Following news of this, Marmite has made moves to help travellers with getting this hate-or-love product

through customs, in the form of a 70g travel-size jar that can be carried in hand luggage.



DINNER FOR THE GASTRONOME

Those with an adventurous culinary spirit should save space in their agenda this month for a trip to Jumeirah Emirates Towers, where some serious foodie business will be happening. Launching on August 1, the 'Gastronomer's Dinner' hosted by JRG Dubai will welcome keen gourmet's on a three-course journey (with pairing) across three different restaurants. Starting with 'Cocktails at Altitude' in Alta Badia Bar, the epicurean voyage continues at Alta Badia Restaurant's private chef's table for appetizers, followed by mains at The Rib Room, and concluding with an indulgent dessert platter at The Ivy. Costing Dhs750 per person, the food tour-styled evening will run daily from 7.30pm. Call 04-3665866.

It's all pots, pans and boards

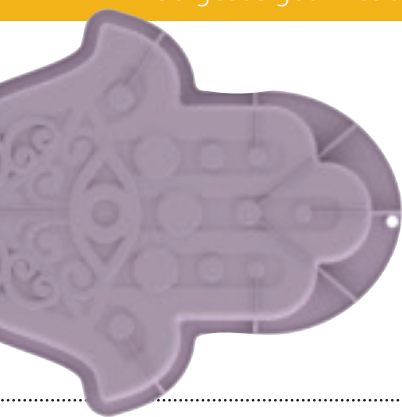
It's now just a matter of weeks before The Beach at JBR, Dubai welcomes Pots, Pans and Boards - a restaurant by Michelin-starred chef, Tom Aikens. The new eatery will showcase a mixture of English, Mediterranean and French dishes, served in pots, pans or on a board (hence the name), in a casual and friendly environment. In Tom's words, "the concept behind the restaurant stems from my own nostalgia of family and home-cooking in a bustling and comforting environment." Upon entering the outlet, we're told we can expect to find a enticing atmosphere, inspired from that of an old-fashioned rustic home kitchen,

with a range of hanging copper pots and pans, old kitchen knives and large heavy cleavers stuck into the walls of antique kitchen tiles. Now, envisioning the setting, paired with a serving of Tom's mum's special red fruit and apple crumble, we reckon this one's set to be a home away from home type of place.



Aisle file

Gorgeous gourmet buys, kitchen gear, home décor and more.



Ditch simple round cakes for this unusual Arabian-inspired Hand of Fatima **MELTING POT CAKE MOULD** - head to their Facebook page 'Melting-Pots' for some decoration inspiration! Available at **O CONCEPT** for Dhs140.



Whip up scrumptious pies, quiches and tarts in no time with this **ELECTRIC PIE MAKER**, which cooks four individual creations at a time in just 10 minutes. Dhs230 from **LAKELAND**.

Ensure your dishes are made to perfection every time with these handy and vibrant **MEASURING CUPS**, which are easy to rinse and attached with a handy metal ring. Grab your set from **CRATE & BARREL** for Dhs75.



A pretty addition to your kitchen countertop, just add potpourri or fruits to this **BRONZE LEAF ACCENT**. Dhs202 from **SILSAL.COM**.



This elegant **SILVER TRAY** is ideal for serving drinks and canapés on or, alternatively, you can use it to stylishly store your spices on. Dhs390 from **ETHAN ALLEN**.



This cherry-hued **NORTH STAR TWO-TIER SWEET STAND** is on our wish-lists and is great for displaying tasty bites on when guests are over. Snap yours up for Dhs179 from **HOME CENTRE**.



Brighten up your kitchen and dining room with these beautiful **DES POTS** handmade ceramic vases created in Holland. Each piece is Dhs62 at **CITIES BOUTIQUE** so if you can't pick just one, treat yourself to a few variations.



This golden **TWIG CANDLE HOLDER** is an understated, but glamorous addition to your home - all that's left to do is add a tall scented candle. Dhs119 from **HOMES R US**.



Compiled by SUPREMA CHANDIE | Photographs by SUPREMA



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Here to help

All your culinary and décor questions answered.



Tomas Reger, independent chef and founder of Tomas Reger Food Consultants, addresses your cooking dilemmas.



What's the best way to make homemade vegetable stock? No more stock cubes!

A. Invest in a pressure cooker. It will significantly reduce the time you need for making stocks. When making vegetable stock, slice your vegetables quite thinly and avoid overcooking it - 15 minutes is enough. Avoid seasoning the stock, as it makes it harder to guess how much salt you need to put in afterwards. Store the stock in a large ice cube tray or zip log bags and freeze it - you'll never need a stock cube again.



My children refuse to eat vegetables. What meals incorporate vegetables in a way that will encourage my kids?

A. From my experience, once children become involved in cooking, they don't mind tasting veggies as much. It's important for parents to show children that they are eating vegetables too. Introduce them to the produce, take them to a market, have fruits and veg available on the counter or try to

grow a tomato together. If you must disguise the vegetable - pureed cauliflower can substitute for a cream or alternatively, use mashed carrot or peas as a dip with crackers.



What budget staples should I have in my pantry to enable me to cook up a week's worth of meals?

A. I believe different types of grains and legumes are not used in households to their full potential - buckwheat, barley or polenta, are easily prepared and are great value across UAE. Also reducing meat and increasing vegetables will help maintaining a budget. Once the weather cools down, remember to visit your local farmers market to stock up on great produce.



How can I avoid over cooking my steak at home?

A. Start by choosing a thick cut of meat. Leave the meat uncovered in the fridge overnight, as it will help to create a crust, and take out of the fridge 20mins before cooking. Use a tablespoon of grape seed oil (it has a high smoking point and almost no flavour) and start searing. Get a nice colour on both sides (about 3 minutes each) and check the core temperature using thermometer - Med-Rare is 54°C, Medium 56°C, Medium Well 58°C. Let it rest for 10 minutes before serving or cutting.



DESIGN Q&A

Interiors expert Pavitra Pujary, founder of interior design firm Pure Coalesce, offers practical home décor advice.



What's the best way to de-clutter and prepare my child's bedroom ready for the start of the school year?

A. The key to being organised is de-cluttering your home regularly. We collect a lot of unwanted things during the year, I suggest de-cluttering every three months by separating your things into three categories: Keep, dispose and donate. A child's room should serve three functions: Sleep, work and play. Make sure you organise furniture in order of its use. Your child's desk can further be organised into a space for homework, arts and crafts and a reading nook can be provided near the bed area. This way you can store crafting items, colours and paints in the crafts section, school books and stationary near the work desk and storybooks near the reading nook. This will give your child a sense of order too. Once they know there is a place for everything it will make them more responsible to clean up after themselves.



What tones of paint will make my home look brighter, larger and more airy?

A. A colour works best when it compliments the decor. Light colours give an airy feel but the notion that dark colours can make a room seem smaller is wrong. In fact applying a dark coat can make walls recede and look larger. If you prefer lighter colours, choose muted tones of any colour you think would compliment your interior, combine them with crisp whites for your ceiling and trims. Aqua colours such as blues and greens, lemon or lavender shades will all contribute well towards giving your home a refreshed look.



Tom's ingredient of the month



Beetroot - this is one of my favourite vegetables and I prepare it quite often. Apart from being a fantastic source of iron, folic acid and calcium, beetroot lowers blood pressure and helps with blood flow in general. Both leaves and roots are edible, but choose only smaller and firm ones, as bigger roots taste woody. I cook mine in a pressure cooker for about 20 minutes adding some spices and herbs such as parsley, fresh zaatar or dried thyme, which will change the flavour.

Follow chef Tomas @tomthechef cheftomasreger cheftomasreger

Flavours of the month

Our pick of the best restaurant offers, promotions and deals this month.

✴ Fry-day breakfast

Start the day on the right foot at Nezesaussi, Manzil Downtown Dubai, where Fridays now mean 'fry-day'. Showcasing a traditional menu offering breakfast favourites such as hash browns served with marinated sausages, English breakfast with all the trimmings, and much more - it's the place to be for a classic brekkie. From 10.00am to 4.00pm, breakfast with tea and coffee will be served for Dhs45, or Dhs90 for breakfast and four selected beverages. *Call 04-4285888.*



Nezesaussi



✴ Truffle time

Welcoming the season of summer truffles, the kitchen team at Amwaj Rotana's Italian restaurant, Rosso, are once again collaborating with Dubai's Truffle Man, Massimo Vidoni, and have gone into truffle mode to craft delicious dishes with equally luxurious ingredients such as scallops, duck and porcini mushrooms to ensure guests enjoy the full flavours of this renowned ingredient. From August 5, exclusive pairing dinners will be available for Dhs400 per person. *Call 04-4282000.*



✴ From the butchery block

Steak lovers! Prepare for a mouth-watering experience at Legends, Dubai Creek Golf and Yacht Club, as the outlet launches its new menu. Diners can experience the true taste of Legends steaks, selecting prime cuts straight off the 'Butchery Block', from Irish dry-aged tenderloin to Australian wagyu striploin and monster angus ribeyes, before a team of chefs cook each steak to individual specifications. Before diving into the main event, Legends' selection of 'pic 'n' mix' lifestyle starters, allows customers to choose a selection of three mini dishes, which include black tempura shrimp, snail samosas and a quail lollipop. *Call 04-2956000.*

✴ Mediterranean magic

Looking for a place to catch up with friends over delicious food? Look no further than Boca, the trendy industrial-meets-rustic-style Mediterranean venue tucked away in DIFC. Here you can indulge in sharing-style dishes from southern Italy, France and Spain including fish tartare (using fresh fish from local markets); sautéed prawns in garlic and chilli; grilled octopus; and melt-in-the-mouth 12-hour braised lamb, washed down with creative cocktails. Their seasonal menu also includes delicacies like truffle Burrata cheese (two indulgent Italian ingredients combined together - heaven!), and green gazpacho made with asparagus. *Call 04-3231833.*

✴ An Italian affair

One of Dubai's latest culinary destinations, TRE by Roberto Rella has launched its first business lunch menu, 'Convivio' - meaning 'social gathering' in Italian. Served a la carte style, diners have a choice of two or three course menus priced at Dhs105 and Dhs125 respectively. This weekly changing menu, offers fresh Italian fare with Mediterranean influences, delivering guests with a wide variety of dishes to choose from for each course. Lunch is served from 12.00pm to 3.00pm. *Call 04-4047700.*



Compiled by SOPHIE MCCARRICK | Photographs SUPPLIED



✴ Dine in, or out

Not only has Royal China Dubai in DIFC announced the launch of its new Royal China Club menu, it has now started offering a delivery service. New additions include steamed crab meat dumplings with egg white and black truffle, organic chicken sautéed in malt caramel and light spicy sauce, plus fillet of baby lamb sautéed in dried chilli. The menu also carries a repertoire of seafood dishes including whole lobster with sugar snap peas in XO sauce and a live selection of fresh seabass, prawns and crab. Open daily from 11.30am until 11.30pm. *Call 04-2079989.*

✴ Seafood indulgence

Discover culinary delights from the sea on offer at Anise, InterContinental Dubai Festival City this month. The restaurant's 'seafood indulgence' package allows diners to enjoy the ultimate seafood selection, from lobsters, tiger prawns and oysters, to mussels and crabs, across eight live cooking stations. Prices start from Dhs275 per person with soft beverages to Dhs375 with house beverages. Available every Thursday from 7.00pm to 11.30pm or every Friday from 1.00pm to 4.00pm. *Call 04-7011127.*

✴ An Indian journey

Brightening Sunday evening options throughout August, Amala at Jumeirah Zabeel Saray, the authentic Mughlai cuisine restaurant will be serving up a 'Rajasthan' cuisine tasting set menu experience for Dhs245 per person. *Call 04-4530444.*

✴ Curry-ing on

Move over decadent brunches - weekend mornings just got a lot more interesting with the breakfast menu at House of Curry, The Beach, JBR. Expect dosas, a south Indian specialty savoury crepe, Indian-style scrambled eggs, and aloo tikkis, spiced potato patties, among many others. Even if you miss the 12pm cut-off for breakfast, the restaurant continues to offer a varied menu of contemporary classics, in a cool, shabby-chic atmosphere. *Call 800-MYCURRY.*

✴ Refurbished and revamped

Having undergone a recent refurbishment, Jumeirah Beach Hotel's German favourite, Der Keller, has reopened (on August 7) and welcomed chef Marcel Korpuka on board, who has designed a brand new menu. It includes dishes from the three alpine regions: Austria, Switzerland and Germany. With generous portions and authentic dishes, the restaurant serves traditional meat dishes and will offer plenty of new additions including Swiss raclettes and Austrian schnitzel, among others. *Call 04-3665866.*

✴ Arabian (Ranches) delights

Well-loved Lebanese restaurant Leila has opened a new outpost in the Arabian Ranches, bringing its popular traditional-meets-modern home-style cuisine to the residential community, in a suitably kitschy-contemporary setting. With an expansive outdoor terrace overlooking the golf course, the fresh new venue offers classic favourites as well as dishes with a healthy twist, such as 'light chicken' and 'grilled kafta bel Laban'. *Call 04-4483384.*



✴ High tea, literally

Take high tea to another level at At.mosphere in Burj Khalifa, where two new packages have been launched, offering a choice between traditional or vegetarian menus. An altogether more indulgent occasion, begin with a selection of berries and cream, accompanied by a glass of something sparkling, before tucking into a selection of savoury delicacies and finger sandwiches followed by a choice of roast or fish of the day served with seasonal vegetables. Round it off with chef's dessert selection featuring fine pastries and confectionery items including much-loved English scones with jam and cream and mini cake loaves; all complemented by a refreshing menu of classic and world teas. The experience costs Dhs580 per person for a window table, or Dhs530 for a non-window spot. The traditional high tea stand offer will also be available throughout August for Dhs320 per person for non-window tables only, 12pm to 4.30pm. *Call 04-8883773.*

✴ Summer inspired

In line with the summer season, Japanese restaurant, Zuma, in DIFC has introduced a selection of new dishes, comprising a number of light and refreshing options, which have been created using bold and flavourful ingredients, such as truffle and pickled eggplant. Showcasing products sourced directly from Japan, new dishes include: Tomato and myoga tartar, pickled eggplant; roasted leek, saikyo miso with summer truffle; smoked chu toro, konbu salad with white kumquat ponzu; spicy Irish beef tartar, seaweed nori toast with caviar and onsen egg; black cod skewers, citrus and wasabi miso, and more. Dishes start from Dhs65. *Call 04-4255660.*



Brunch is back!

Our pick of the best brunch offerings this month.

✦ Talk & Soul, Mövenpick Hotel Jumeirah Beach

A Friday brunch for the whole family, Talk & Soul offers a fun, vibrant atmosphere with a live jazz singer and saxophone player. Offering a range of live cooking stations, there's everything from fresh sushi, seafood, grilled marinated meat, Tandoori oven treats, Italian delights, in addition to other international cuisines. From 12.30pm to 4.00pm, the brunch starts at Dhs279 per person including soft beverages, to Dhs379 for selected beverages. Kids under 12 years old dine complimentary. *Call 04-4498834.*



✦ Casa de Tapas, Creek Golf & Yacht Club

It's time for a Spanish fiesta at Casa de Tapas, where a delicious array of tapas, cold cuts, mouth-watering cheese and pinchos are served along side traditional dishes from Spain. Every Friday from 12.30pm to 4.00pm, three packages are available, starting from Dhs199 for food and soft beverages, to Dhs299 for house beverages and bubbles. *Call 04-4161800.*

✦ Zero Gravity, Sky Dive Dubai Drop Zone

Take the party indoors every Thursday night from 8pm at the newly launched Zero Gravity House Party, where you can enjoy three hours of unlimited F&B between rooms, bars and food stations.. Home-cooked canapé-style dishes include beef sliders, chicken tortilla wraps, prawn cocktail, mango and passion fruit panna cotta, and lemon cheesecake. The price? Dhs295. *Call 04-3990009.*



✦ The Act, Shangri-la Dubai

For a limited time only, The Act will open its doors to host 'The Brunch Club, a Peruvian brunch in partnership with Love Parties. This will be followed by an 'after brunch' featuring a special drink package for those who wish to carry on the party. From 2.00pm to 5.00pm, the brunch costs Dhs450 for ladies and Dhs550 for gents. *Call 04-3551116.*



✦ Cove Rotana Resort, Ras Al Khaimah

Keep the kiddos entertained at Cove Rotana's 'Little Chef's Brunch', every Friday, where chefs are on hand to create fun, interactive experiences for the little ones, showing them how to prepare and enjoy their own tasty meals. There's even arts and crafts, a photo booth corner and much more - not to mention the extensive buffet. Packages available start at Dhs199, inclusive of chilled juices, water and soft drinks, to Dhs269. *Call 07-2066292.*

✦ Okku, The H Hotel

Take a journey through Japan every Friday at Okku, where the 'disco sushi' brunch is back. Offering up an outstanding twelve-course menu, featuring delectable mains and desserts, accompanied by modern-day cocktails with 80s and 90s retro chic music. Brunch begins at Dhs399 per person (minimum group booking of four persons), to Dhs599 for the full brunch food and beverage package. *Call 04 501 8777. [E3](#)*



✦ Rosso and Benihana, Amwaj Rotana

Combining two notable restaurants - Rosso, the Italian and Benihana, an international Japanese favourite - Amwaj Rotana's Friday brunch ensures there's something on offer for everyone, especially with international dishes from Horizon restaurant. With a range of live cooking stations, dishes are made with organic, locally-sourced produce. Prices from Dhs235 per person. *Call 04-4282000.*

✦ Loca, Dubai Marine Beach Resort and Spa

Said to be one of the best Mexican brunches in town, Loca's Friday brunch runs from 12.00pm to 4.00pm, with Chef Juan serving up Mexican favourites including ceviche, fajitas and burritos, plus traditional dishes such as corn husk tamales and banana leaf wrapped roasted lamb. Starting from Dhs175 for unlimited food and soft drinks, to Dhs350 including house beverages. *Call 04-3461111.*

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Where: The Noodle House, Madinat Jumeirah, Dubai

What's it like: The Noodle House aims to capture the bustle and flavour of Oriental street food, and serves it up in a vibrant atmosphere with the kitchen proudly on display.

This branch (one of seven in Dubai alone) is in Madinat Jumeirah, thronged with visitors and buzzing with excitement. This is not the place for a quiet and romantic candle lit dinner, but it most definitely is the place for a fun night and some truly excellent food. The dishes may be cooked fast, but there is absolutely no compromise on ingredients or quality. Indonesian executive chef Taufik Sutisna has recently reworked and extended the menu so that it now includes no less than 15 noodle dishes - from noodle salads and noodle soups to wok-fried noodles and everything in between.

Staples such as wasabi prawns and Thai green curry continue, supported by a number of new dishes bringing all the flavours of the Far East and adding some unexpected twists. Our wasabi prawns were hot and crispy, and came with the addition of a delicious fresh hand-cut mango salsa. New dishes on the menu include gado gado: an Indonesian mixed-vegetable salad with egg, peanut dressing and prawn cracker garnish, prawn satay, chargrilled prawns, with red curry sauce and sticky rice cake, and a Singaporean curry laksa, noodles with chicken, prawns and a tofu fish ball. A particular highlight is a new beef and noodles dish, because unlike the expected stir-fry, here the beef is marinated and cooked for a minimum four hours to tender perfection, then flash-fried with the noodles to crispy perfection.

The new menu encompasses dishes from Thai, Indonesian, Malaysian, Singaporean and Chinese cuisines, and the execution of all of these complex flavours is refreshingly accomplished. The

Noodle House promises authentic flavours of the Far East, and in this they succeed handsomely.

If you want to go: Great food made even more affordable. Call 04-3666730.

Best for:
Real flavours of
the Far East

Photographs supplied and by REVIEWER

Where: The Reform Social & Grill at The Lakes Club, Dubai

What's it like: A more relaxed and casual incarnation of London's legendary Reform Club, the Dubai version serves up British favourites with a double helping of sun.

Chef Ryan Wadell has led the brigade from the start, and his focus is squarely on bringing traditional favourites to a new and exotic location. This Reform is all about casual dining and relaxing in the sun.

Foodies will be delighted with the menu which includes all the British classics you would expect, but with a range of lighter new flavours that reflect the location. Starters range through favourites like seafood cocktail to a bacon and black pudding salad hearty enough for the biggest appetite, though you may be swayed by the Cumberland scotch egg or the Severn and Wye smoked salmon instead. Vegetarians will not be disappointed, the sweet potato and red pepper tart is a favourite.

For social tables there is a range of substantial sharing options under the titles Ploughman's, Countryman's and Fisherman's platters, and the portions are generous. Main courses tend to the traditional too, with substantial roasts, a duo of duck and even a pearl barley risotto. There's also a minimalist offering of pie and chips with gravy. On the fish side, plenty of choice including mackerel, sea bream and Scottish salmon, but it's the Jospir Grill that is the star of the show. This ferocious device grills with such heat that it imparts a lovely light smokey flavour to food cooked on it, including my delicious rump steak, which came with generous hand-cut fries and a choice of sauce (peppercorn), and was tender, succulent and delicious.

If you followed the menu's advice to 'Leave Room for Pudding', you encounter another menu for dessert. And the choice is good - when did you last see lemon posset amongst the options? All in all - a substantial and satisfying spread.

If you want to go: For three courses, around Dhs500 for 2, excluding drinks. Call: 04-4542638.

- Jonathan Castle

Best for:
A taste of home
comfort with
friends



#juicysteak #casualdining
#heartyfood



Delight at shades

Part sun deck, part al fresco restaurant, part night hotspot, Shades is a shimmering poolside 'chill out' lounge on the fourth floor of The Address Dubai Marina that we checked out recently.

The experience: Wrapped around the infinity pool, Shades offers unrivalled views of the Marina by day and by night, offering the perfect setting for a stylish evening any night of your week, where chill-out tunes drift across the water, as you unwind after a hard day's work.

At Shades you can soak in the atmosphere whilst savoring a mouthwatering array of tapas and à la carte offerings, inspired by cuisines from the Mediterranean to the Far East, or alternatively you can call for your own private table-top barbecue and grill things your own way.

At the weekend a resident DJ steps up the beat and ensures the entire venue grooves well into the early hours. As a venue, Shades lends itself well to a range of events, and you will find a rather more exciting than usual variety of theme nights, promotions and parties.

Food wise, it is a sociable space, and the menu reflects this with a range of tapas, sharing plates and finger food, along with a mouthwatering selection of classic grills with a twist. The burger, for example, is not just any old beef, but prime Wagyu, and very good it is too. The Snacks menu sets the tone for what is to come, ranging across both Western and Asian delights.

Start with classic corn chips with guacamole and salsa or Roxas chips, Cajun spiced and with a lime and chili mayonnaise. Another Cajun twist is delivered by the calamari, crumbed to crisp perfection and served with a tangy lemon mayo. Zesty deliciousness.

Vegetarians will delight in the mini mozzarella and cherry tomato salad, though vegetable samosas may divert you too. Shift the focus east and you find chicken and beef satays, chili and garlic paneer, and local favourites like cheese sambousek and

spinach fatayer. Something for every palate and pleasure.

More substantial bites are found in the sandwich selections, tempting artisan breads stuffed with a range of delights. How about a green chicken curry salad in a baguette, or lobster rolled in a wheat tortilla? The salads are equally substantial, ranging across sesame poached chicken to a green mango and papaya creation, and on to a classic Caesar done the way it should be.

The aforementioned Wagyu burger is but one of the mains offered, and you will also find a great Arabic mixed grill, a Jumbo Club sandwich and of course, fish and chips. All are hearty portions, with buckets of hand-cut chips and lashings of sauce. There are a range of proper pizzas to continue the finger food theme, ranging through chicken, seafood and mega-veggie toppings, and you can build your own pasta dish from a list of shapes and sauces.

On the barbecue front, all the grilled items come with a full selection of grilled tomatoes, corn on the cob, Cypriot salad and crunch fries. You add your choice of chicken shish tawouk, beef kebab, grilled prawns, lamb kofta and more. You will not leave hungry!

Desserts range from a classic Eton Mess through to fresh fruit salad, and sweet indulgences like banana split and brownies and ice cream. Wash it all down with one of the bartenders mixology specials and lose yourself for a lazy afternoon or an evening under the stars.



NEED TO KNOW

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DRESS CODE

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* Get chic in the dessert department, **P64**

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**Butternut squash
with spicy chilli, recipe p30**



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Recipes JUSTINE PATTISON

Photographs TOBY SCOTT

Bang bang chicken cups

SERVES 2 PREP 10 mins NO COOK

EASY LOW CAL FOLATE VIT C 2 OF 5 A DAY GOOD 4 YOU GLUTEN FREE

3 tbsp crunchy peanut butter

1 tbsp Thai sweet chilli dipping sauce

juice ½ lime

2 cooked skinless chicken breasts

2 Little Gem lettuces, leaves separated

4 spring onions, trimmed and cut into very fine matchsticks

⅓ cucumber, cut into very fine matchsticks

1 medium carrot, peeled and cut into very fine matchsticks

1 Put the peanut butter in a small bowl and stir in 3 tbsp of just-boiled water until smooth. Add the chilli sauce and lime juice, and mix well.

2 Cut the chicken breasts into thin slices and place on a board with the bowl of peanut sauce. Put the lettuce leaves, spring onions, cucumber and carrot in separate piles alongside.

3 Put slices of chicken into the lettuce leaves, then top with the vegetables and peanut sauce.

PER SERVING energy 374 kJ • fat 17g

• saturates 4g • carbs 15g • sugars 13g • fibre 5g • protein 39g • salt 0.7g



Summer baked plaice

SERVES 2 **PREP** 10 mins **COOK** about 30 mins

EASY **LOW FAT** **LOW CAL** **FOLATE** **FIBRE** **VIT C** **1 OF 5 A DAY** **GLUTEN FREE** **P**

500g baby new potatoes, well scrubbed and halved if large

2 tsp olive oil

140g cherry tomatoes on the vine

100g pack asparagus, trimmed

2 plaice fillets, 140g each

juice ½ lemon

knob of butter

1 Heat oven to 200C/180C fan. Put the potatoes in a large roasting tin and drizzle with the oil. Season and roast for 20-25 mins.

2 Take the roasting tin out of the oven, turn the potatoes over and add the tomatoes and asparagus, nestling among the potatoes.

3 Place the fish on top and squeeze over the lemon. Top each fillet with a smear of butter, season and return to the oven for a further 10-12 mins or until the fish is cooked and the vegetables are tender.

PER SERVING energy 445 kJ • fat 15g

• saturates 7g • carbs 42g • sugars 7g • fibre 6g •

protein 32g • salt 0.7g



Crushed potato colcannon with bacon & poached eggs

SERVES 4 **PREP** 15 mins **COOK** 25-30 mins

EASY **LOW CAL** **FOLATE** **FIBRE** **VIT C** **1 OF 5 A DAY** **GLUTEN FREE** **P**

600g new potatoes, well scrubbed and halved

400g cabbage, washed, trimmed and finely shredded

2 tsp sunflower oil

4 rashers smoked streaky bacon, cut into 2cm slices

6 spring onions, trimmed and finely sliced

25g butter, cubed

4 large fridge-cold eggs

1 Put the potatoes in a saucepan and cover with cold water. Bring to the boil, then reduce the heat to a simmer and cook for 18-20 mins or until tender.

2 Meanwhile, fill a second pan with water, bring to the boil and cook the cabbage for about 3 mins until just tender. Drain in a colander, run under cold water to quickly

cool, then drain again.

3 Ten mins before the potatoes are ready, heat the oil in a large non-stick frying pan and fry the bacon for 3-4 mins until lightly coloured. Add the spring onions and cabbage to the frying pan and heat through, stirring.

4 Half-fill the pan used to cook the cabbage with water, bring to the boil, then reduce to a very gentle simmer. Meanwhile, drain the potatoes in a colander, then return them to their pan. Add the butter and seasoning, and crush roughly with a potato masher. Stir the cabbage, bacon and onions lightly into the potatoes. Keep warm over a very low heat.

5 Crack the eggs into the gently simmering water and poach for 3 mins. Spoon the colcannon onto 4 warmed plates. Remove the eggs from the water with a slotted spoon and place on top. Season with black pepper and serve.

PER SERVING energy 353 kJ • fat 18g • saturates 7g • carbs 28g • sugars 4g • fibre 6g • protein 15g

• salt 1.5g >>



Teriyaki steak with pak choi & noodles

SERVES 2 PREP 10 mins COOK 15 mins



- 1/2 tsp Chinese five-spice powder**
- 2 lean beef steaks, 175g each**
- 1 tbsp sunflower oil**
- 2 pak choi, trimmed and quartered**
- 1 medium carrot, thinly sliced**
- 1 red pepper, deseeded and thinly sliced**
- 150g pack straight-to-wok egg noodles**
- 3 tbsp teriyaki sauce**

1 Mix the five-spice with 1/2 tsp flaky sea salt and 1/2 tsp black pepper, and rub into the

steaks. Heat 1 tsp of the oil in a large, non-stick frying pan over a medium-high heat. Fry the steak for 4-5 mins each side or until done to your liking. Transfer to a warmed plate, cover loosely with foil and leave to rest.

2 Pour the remaining oil into the pan, add the pak choi, the carrot and pepper. Stir-fry for 3 mins, then add the noodles and stir-fry for 2 mins more.

3 Pour in the teriyaki sauce and simmer for a few secs, then divide the vegetable noodles between 2 warmed plates or shallow bowls. Slice the steak thickly and place on top.

PER SERVING energy 460 kcs • fat 17g

• saturates 5g • carbs 33g • sugars 23g • fibre 6g • protein 41g • salt 3.3g

Turkey enchiladas

SERVES 4 PREP 20 mins COOK 30 mins



- 1 tbsp sunflower oil**
- 500g turkey mince (2% fat)**
- 1 medium onion, finely chopped**
- 1 yellow pepper, deseeded and thinly sliced**
- 400g can chopped tomatoes**
- 400g can red kidney beans in chilli sauce**
- 1 tbsp fresh lime or lemon juice**
- 2 heaped tbsp roughly chopped coriander, plus extra to garnish**
- 6 regular or 8 mini flour tortillas**
- 50g reduced-fat mature cheddar, coarsely grated**
- large mixed salad, to serve**

1 Heat oven to 200C/180C fan. Heat most of the oil in a large non-stick frying pan. Fry the turkey, onion and pepper for 5 mins, stirring regularly and breaking up the mince with a wooden spoon. Add the chopped tomatoes and kidney beans.

2 Bring to a gentle simmer and cook for 10 mins, stirring regularly. Remove from the heat and stir in the lime juice and coriander. Season well.

3 Lightly grease a shallow ovenproof dish with the remaining oil. Put 1 tortilla in the dish and top with a couple of generous spoonfuls of the turkey mixture. Roll up and push to one side of the dish. Repeat with the other tortillas, then spoon any remaining turkey mixture down the sides of the dish.

4 Sprinkle the tortillas with the cheese and bake for 15 mins. Scatter coriander over the enchiladas and serve with a salad.

PER SERVING energy 486 kcs • fat 8g

• saturates 3g • carbs 56g • sugars 12g • fibre 9g • protein 44g • salt 1.6g





Scandi smoked mackerel on rye

SERVES 2 **PREP** 20 mins **NO COOK**

EASY **LOW CAL** **FOLATE** **FIBRE** **OMEGA-3** **2 OF 5 A DAY**

3 slices (around 50g each) pumpernickel-style dark rye bread, cut in half
50g half-fat crème fraîche
2 tbsp roughly chopped dill, plus extra to garnish
2 tsp horseradish sauce
1 small eating apple, quartered, cored and cut into small chunks
8 cherry tomatoes, halved
1 slender celery stick, sliced
2 x 35g smoked mackerel fillets

75g vacuum-packed beetroot (not in vinegar), drained
1 lemon, cut into wedges, to serve

1 Divide the bread between 2 plates or boards. Mix the crème fraîche, dill and horseradish sauce in a bowl. Stir in the apple, tomatoes and celery, then spoon on top of the bread.
2 Flake the mackerel into chunky pieces (discard the skin) and arrange on top. Cut the beetroot into small chunks and place on top of the mackerel. Top with more dill and serve with lemon wedges for squeezing over.
PER SERVING energy 406 kcals • fat 17g • saturates 5g • carbs 44g • sugars 12g • fibre 8g • protein 16g • salt 2.1g

Greek lamb salad

SERVES 4 **PREP** 15 mins **COOK** 10 mins

EASY **LOW CAL** **1 OF 5 A DAY** **GLUTEN FREE**

½ tsp dried oregano
1 tbsp olive oil
juice ½ lemon
4 x 140g lean lamb steaks
3 large ripe tomatoes, cut into chunky pieces
½ cucumber, cut into roughly 2cm chunks
50g pitted black olives, preferably Kalamata, in brine (not oil), drained
75g feta, crumbled
small handful mint leaves

1 Mix the oregano, olive oil, lemon juice and ½ tsp flaky sea salt in a large bowl and season well with ground black pepper. Put a spoonful of the dressing in a second bowl, add the lamb steaks and turn to coat. Marinate for 5 mins.
2 Heat a griddle pan over a medium-high heat, or set the grill to its hottest setting. Discard the marinade and cook the lamb on the griddle or grill for 4-5 mins each side or until done to your liking. Transfer to a plate and cover loosely with foil. Leave to rest for 3-5 mins, then slice thickly.
3 While the lamb is resting, add the tomatoes, cucumber and olives to the dressing in the large bowl and toss lightly.
4 Divide between plates and top with small chunks of feta. Place the sliced lamb on top, scatter with the mint leaves and serve.

PER SERVING energy 306 kcals • fat 17g • saturates 7g • carbs 5g • sugars 4g • fibre 2g • protein 32g • salt 2.2g [B1](#)




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Green garden veg pie

SERVES 4 PREP 15 mins COOK 35 mins **EASY** **V** 

50g butter
50g flour
2 tsp mustard powder
600ml milk
200g mature cheddar, grated
2 large potatoes, sliced into rounds
1 head broccoli, cut into little florets
1 head cauliflower, cut into little florets
200g frozen peas
small bunch chives, snipped

1 Melt the butter in a saucepan, then stir in the flour and mustard powder and cook for 1 min. Gradually stir in the milk until smooth with no lumps, then keep stirring until the mixture begins to bubble and thickens to a creamy sauce. Remove from the heat, then stir in all but a handful of the grated cheese.

2 Heat oven to 220C/fan 200C and bring a large pan of water to the boil. Cook the potato slices for 5 mins, tip in the broccoli and cauliflower for another 3 mins, then finally add the peas for 1 more min. Drain all the veg and pat dry. Reserve enough potato slices to cover the top of the finished dish, then gently stir the rest of the vegetables into the sauce with the chives.

3 Tip into a deep ovenproof dish, arrange over the reserved potato slices, then sprinkle with remaining cheddar. Bake for 20-25 mins until the topping is golden and crisp, then serve straight from the dish.

PER SERVING 604 kcalories • protein 33g • carbohydrate 45g • fat 34g • saturated fat 19g • fibre 9g • sugar 14g • salt 1.34g

Packed with vegetables

Beef sausage casserole with garlic toasts

SERVES 4 **PREP** 5 mins **COOK** 40 mins

EASY  sausages only

8 reduced-fat beef sausages

1 yellow pepper, deseeded and chopped

4 red onions, cut into wedges

400g can chopped tomatoes

250ml vegetable stock

1 tbsp sugar

1/2 x 20g pack basil

(use the rest in the toasts)

1 Heat oven to 220C/fan 200C. Put the sausages, pepper and onion into a roasting tin, then roast for 20 mins.

2 Lower oven to 200C/fan 180C, then tip tomatoes and stock over the sausages. Add sugar and most of the basil, season, then stir well. Roast for another 20 mins. Serve with garlic toasts, recipe right, sprinkled with the remaining basil. Sausages will freeze for 1 month - defrost, cover and reheat in a medium oven for 20-30 mins.

PER SERVING (with toasts) 568 kcalories •

protein 28g • carbohydrate 78g • fat 18g

• saturated fat 7g • fibre 6g •

sugar 19g • salt 4.24g

Garlic & basil toasts

SERVES 4 **PREP** 5 mins

COOK 5 mins

EASY 

Heat grill to high.

Cut a **400g bloomer loaf** into 8 slices.

Mix together **25g low-fat cream cheese**, **1 tbsp butter**, **2 crushed garlic cloves** and **1/2 x 20g pack basil**, roughly chopped.

Lightly toast the bread on both sides, then spread one side with the herby mix and grill briefly until melted and golden. >>

**Smarten up beef
sausages**



Spicy pizza breads with raita salad

SERVES 4 **PREP** 15 mins **COOK** 25 mins

EASY **V** **LOW FAT** **2 OF 5 A DAY** **GOOD 4 YOU**

1/2 x 500g pack ciabatta or plain bread mix, plus extra for rolling out
3 tsp cumin or kalonji (black onion) seeds
1 tbsp oil, plus a little extra for oiling
3 onions, sliced
300g potatoes, peeled and chopped into cubes
4 tsp curry powder
100g frozen peas
3 tbsp mango chutney
few leaves from a small bunch mint (use the rest in the salad)

1 Tip the bread mix into a large bowl with 2 tsp of the cumin seeds, then make up according to pack instructions. Leave in an oiled bowl, covered with a damp tea towel, while you make the pizza topping.

2 Put on a kettle of water. Heat the oil in a large pan, then cook the onions and

potatoes for 10 mins, regularly splashing in a little hot water to keep the mixture slightly saucy. Stir in the curry powder and remaining seeds, then cook for another 5 mins until the potatoes are tender. Remove from the heat and stir in the peas.

3 Heat the oven to its highest setting. Quarter the dough then, using a little more bread mix to help, roll and stretch into naan-shaped bases.

4 Transfer to a large baking sheet, spread with the mango chutney and spoon over the curried potatoes and peas. Bake for 10 mins until crisp, scatter with mint and serve with Raita salad.

PER SERVING 398 kcalories • protein 16g • carbohydrate 69g • fat 9g • saturated fat 1g • fibre 7g • sugar 19g • salt 1.45g

Serve with

Raita salad

Halve and slice 1 cucumber, then tip into a bowl. Stir in 250ml low-fat natural yogurt, most of the leaves from a small bunch mint, roughly chopped, and some seasoning.

Butternut squash with spicy chilli

SERVES 4 **PREP** 10 mins **COOK** 45 mins

EASY **LOW FAT** **GOOD 4 YOU** **chilli only**

2 small butternut squash, halved lengthways and seeds scraped out

1 tbsp olive oil

1 red onion, chopped

2 red chillies, deseeded and finely chopped

2 tsp ground cumin

250g lean beef mince

2 tbsp tomato purée

410g can kidney beans, drained and rinsed

1/2 x 20g bunch coriander, leaves chopped

50g spinach leaves

1 Heat oven to 200C/fan 180C. Rub the squash with a little oil, then roast them on a baking tray for 45 mins until soft.

2 Meanwhile, heat the remaining oil in a large frying pan, then fry the onion for a few mins until soft. Stir in the chilli and cumin, fry for 1 min more, then add the mince, browning for 3-4 mins. Stir in the purée and beans with a splash of water and season. Warm through and keep warm. Or cool, freeze for up to 1 month, then defrost and reheat.

3 Scoop a little of the soft squash flesh out to make a hollow, then stir this into the chilli with half the coriander. Fill the cavity of each squash with a quarter of the mix, then scatter with the remaining coriander. Dress the spinach with a drop more olive oil, season and serve alongside the squash.

PER SERVING 318 kcalories • protein 23g •

carbohydrate 37g • fat 10g • saturated fat 3g • fibre 9g

• sugar 16g • salt 0.92g **B1**





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Your budget week

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Your shopping list for the week

Fruit & veg

- ☐ 1.9kg potatoes
- ☐ 1 Savoy cabbage, about 700g
- ☐ 2 onions
- ☐ 1 red onion
- ☐ 2 leeks
- ☐ 3 garlic cloves
- ☐ 5 carrots
- ☐ 1 butternut squash, about 700g
- ☐ 1 large cauliflower, about 400g
- ☐ small pack fresh coriander
- ☐ ½ small pack sage leaves
- ☐ 150g frozen peas

Meat, fish & dairy

- ☐ 800g lean bacon joint
- ☐ 250g minced beef
- ☐ 8 pork & apple sausages
- ☐ 150ml milk
- ☐ 50g butter
- ☐ 100g mature cheddar

Dry goods & bakery

- ☐ 1 500g pack red lentils
- ☐ 1 400g can chopped tomatoes
- ☐ 300g pearl barley

Check your storecupboard & fridge

- ☐ 6 tbsp olive oil
- ☐ 1 tbsp sunflower oil
- ☐ 50g plain flour, plus 2 tsp
- ☐ 4 large eggs
- ☐ 1 tbsp Dijon mustard
- ☐ 4 chicken stock cubes
- ☐ 1 beef stock cube
- ☐ 1 tsp ground coriander
- ☐ 1 tsp ground cumin
- ☐ 1 tsp turmeric
- ☐ ½ tsp cayenne pepper
- ☐ 1 tbsp tomato purée
- ☐ 2 tbsp wholegrain mustard
- ☐ 1 tbsp mango chutney

*Shopping list contains pork.

5 family meals for less than Dhs150!!

Roast sausage & squash with mustard & sage, recipe p48



Sunday

Braised bacon with colcannon cakes

SERVES 4 **PREP** 15 mins **COOK** 1 hr 10 mins

EASY **FIBRE** **1 OF 5 A DAY** **GOOD 4 YOU** **P** **VEG**

800g lean bacon joint
700g potatoes, halved
400g Savoy cabbage, chopped
3 tbsp olive oil
1 small onion, finely chopped
50g plain flour
4 large eggs
ketchup, to serve

1 Put the bacon joint in a flameproof casserole dish or heavy-based saucepan and cover with water. Pop on a lid, bring to the boil, then simmer gently for 45 mins until cooked. Meanwhile, boil the potatoes in a pan of salted water for 20 mins. Five mins before the end of cooking, add the cabbage. Drain well, return to the pan for 1-2 mins to dry out, then mash together.

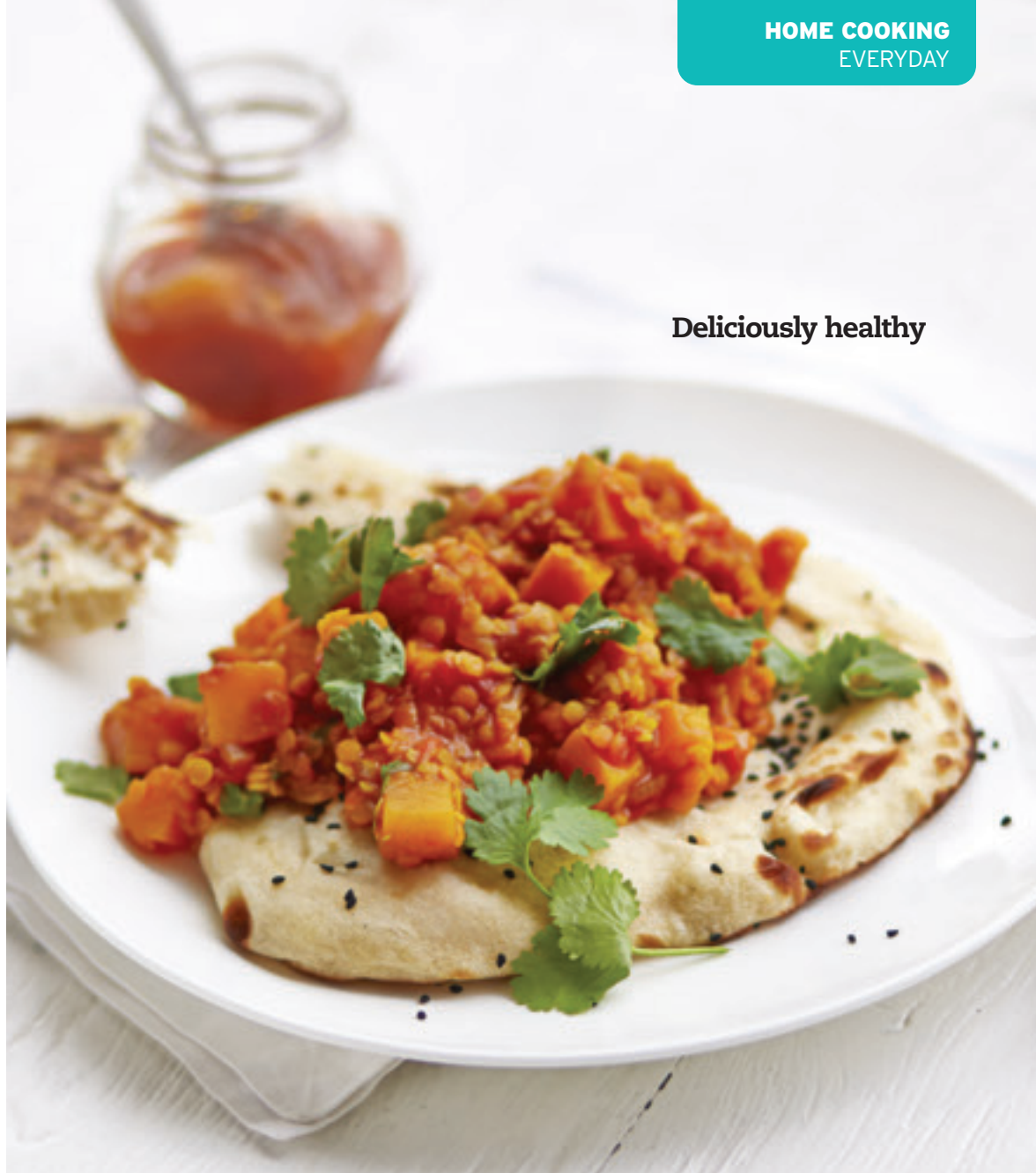
2 Add 1 tbsp of the oil to a frying pan with the onion and cook over a medium heat for 5 mins. Add this to the potatoes and cabbage, and mix together with a little seasoning. Set aside. Meanwhile, drain the bacon and leave to rest for 10 mins.

3 Put the flour on a plate. Shape the potato and cabbage mixture into 8 cakes, then roll them lightly in the flour, tapping off any excess. Add 1 tbsp oil to the frying pan and fry the cakes in 2 batches for 3-4 mins on each side until golden.

4 Cover the potato cakes with foil and set aside. Wipe the frying pan with kitchen paper, then add the remaining oil. Crack in the eggs and cook until the white is set and the yolk is still runny.

5 Cut off a 200g piece of the bacon joint and reserve it for tomorrow's casserole. Slice the remaining bacon and serve with the potato cakes, eggs and ketchup.

PER SERVING 479 kcals • protein 36g • carbs 41g
 • fat 20g • sat fat 4g • fibre 6g • sugar 4g • salt 0.8g



Deliciously healthy

Monday

Red lentil & squash dhal

SERVES 4 **PREP** 15 mins **COOK** 40 mins **EASY** **V**

LOW FAT **LOW CAL** **FIBRE** **IRON** **3 OF 5 A DAY** **GOOD 4 YOU** **VEG**

1 tbsp sunflower oil
1 onion, finely chopped
1 garlic clove, finely chopped
1 tsp each of ground coriander, ground cumin and turmeric
1/2 tsp cayenne pepper
400g butternut squash, peeled and cut into 2cm cubes (prepared weight)
400g can chopped tomatoes
1.2 litres chicken stock
1 heaped tbsp mango chutney
300g red lentils

small pack coriander, roughly chopped
naan bread, to serve

1 Put the oil and the onion in a saucepan, and cook for 5 mins. Stir in the garlic and cook for a further 1 min, then stir in the spices and butternut squash. Combine everything together.

2 Tip in the chopped tomatoes, stock and chutney, and season well. Bring to the boil, then gently simmer for about 10 mins. Add the lentils and simmer for another 20 mins until the lentils and squash are tender. Stir in the coriander and serve with warmed naan bread.

PER SERVING 495 kcals • protein 42g • carbs 58g
 • fat 12g • sat fat 2g • fibre 9g • sugar 14g • salt 0.6g ➤



Tuesday

Roast sausage & squash
with mustard & sage

SERVES 4 PREP 15 mins COOK 50 mins-1 hr

EASY CALCIUM VIT C 1 OF 5 A DAY P ❄️

- 8 pork & apple sausages
- 1 large red onion, cut into wedges
- 300g butternut squash, cut into wedges
- ½ small pack sage leaves
- 1 tbsp olive oil
- 2 tsp plain flour
- 200ml chicken stock
- 2 tbsp wholegrain mustard
- 500g leftover mashed potato
and cauliflower

1 Heat oven to 200C/180C fan. Put the sausages in a large roasting tin with the onion, squash and sage. Drizzle over the olive oil and toss together. Roast for 40-50 mins, turning occasionally, until the sausages are golden and the squash is tender. Transfer to serving plates.

2 Drain away any excess oil from the tin, then place the tin over a medium heat on the hob. Mix in the flour, then gradually pour in the stock, scraping up any bits left in the bottom of the tin. Stir in the mustard. Gently simmer for 5 mins until thickened. Serve with a spoonful of yesterday's leftover mash and the pan juices.

PER SERVING 571 kcs • protein 23g • carbs 36g
• fat 38g • sat fat 14g • fibre 5g • sugar 10g • salt 3.1g



Wednesday

Pearl barley, bacon
& leek casserole

SERVES 4 PREP 10 mins COOK 40-45 mins

EASY FIBRE IRON 2 OF 5 A DAY GOOD 4 YOU P ❄️

- 1 tbsp olive oil
- 2 leeks, thickly sliced
- 2 garlic cloves, finely chopped
- 300g pearl barley
- 4 carrots, cubed
- 1 tbsp Dijon mustard, plus extra
to serve
- 1 litre chicken stock
- 300g Savoy cabbage, shredded
- 200g leftover bacon from yesterday,
chopped into small pieces

1 Heat a large pan over a medium heat. Add the olive oil and cook the leeks for a few mins, then add the garlic and cook for just 1 min more.

2 Add the pearl barley, carrots and mustard, then pour over the chicken stock. Season with plenty of ground black pepper and simmer for 20 mins, stirring occasionally.

3 Add the cabbage with the bacon, and cook for 5-10 mins until cabbage is wilted and tender. Serve with extra Dijon mustard on the side.

PER SERVING 589 kcs • protein 43g • carbs 73g
• fat 15g • sat fat 3g • fibre 8g • sugar 11g • salt 0.8g



Thursday

Beef & lentil cottage
pie with cauliflower
& potato topping

SERVES 4 PREP 20 mins COOK 1 hr 10 mins

EASY CALCIUM FOLATE FIBRE VIT C IRON 2 OF 5 A DAY ❄️

- 1 tbsp olive oil
- 250g minced beef
- 1 large carrot, coarsely grated
- 1 tbsp tomato purée
- 200g red lentils
- 600ml beef stock
- 140g frozen peas
- 1.25 kg potatoes, cubed
- 1 large cauliflower (about 400g/14oz), cut
into florets
- 150ml milk
- 50g butter
- 100g mature cheddar, grated

1 Heat oven to 200C/180C fan. Heat the oil in a large pan and add the minced beef. Cook for 5 mins until browned all over, then add the carrot and cook for 2 mins more.

2 Stir in the tomato purée and add seasoning. Cook for a few mins, then add the lentils and stock. Simmer for 20 mins, then stir in the peas.

3 Meanwhile, bring a pan of water to the boil and add the potatoes. Simmer for 15 mins, then add the cauliflower and simmer for a further 10 mins until the veg is tender.

4 Drain, then return the veg to the pan for a few mins to dry out. Add the milk, butter and seasoning, and mash together. Finally, add the cheese, reserving a handful, and mix well. Cover and put aside 500g of the mash mix for the sausage recipe tomorrow.

5 Spoon the mince into a large roasting dish, about 30 x 20cm, and spoon the mash over the top. Sprinkle with cheese and bake until golden, about 30 mins.

PER SERVING 759 kcs • protein 45g • carbs 73g
• fat 33g • sat fat 16g • fibre 9g • sugar 9g • salt 1.4g [B](#)

EASY EATS

Don't let your busy schedule hinder your health by eating poorly. Eat well, live well with Spinneys newly launched range of convenient, great-tasting ready-to-eat and easy-to-cook food.

EAT WELL

Don't miss Spinneys new convenience range of salads, including this scrumptious kale and walnut option, or fresh quinoa and pomegranate.



LIVE WELL

Curve on-the-go hunger pangs with these snack pots, which come in beef, lamb and chicken meatball options, or a freshly made, healthy soup. There are seven delicious flavours to choose from in store.



EASY TO COOK

Not only is Spinneys new convenience range great tasting and healthy, it allows you to cook easily. Like these Tandoori style chicken breasts, which come ready to roast. (tomato or wasabi flavours available too). Pair them with these washed and ready to cook veggie packs.



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THE healthy eating guide

FOR FAMILIES

Fact

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What?

The Healthy Eating Guide for Families in association with BBC Good Food ME

Following on from the unprecedented response and success of the Etisalat Dubai Kids Run March 20th 2015. Due to the overwhelming demand from both parents and children to maintain and nurture a healthier living. The first exclusive annual Healthy Eating Guide for Families is produced. This guide is the first of its kind publication reaching out and delivering call for healthier and happier children and families.

Therefore it is imperative the correct healthy message is conveyed in the Healthy Eating Guide for Families. There is no other publication that focuses on the healthy eating habits of children or educating families on better products, recipes and restaurants that encourage children to develop better eating habits.

This is a fabulous advertising opportunity to show case your products, recipes, location/place/restaurant/supermarket in the annual Healthy Eating Guide for Families.

Circulation / Distribution

25,000+ copies to be distributed with BBC Good Food Middle East in the back-to-school edition in September 2015, across retail outlets, to subscribers, to the 2000 children who participated in the Kids run and will be available at the Food Club events for the rest of the year.

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Fresh-tasting SALADS

Vibrant new ideas for main meals and sides, plus punchy dressings for salad leaves

Fruit & nut butternut squash quinoa

SERVES 4 **PREP** 10 mins **COOK** 30 mins **EASY**

1 butternut squash, peeled and cut into small dice

2 onions, cut into thin wedges

2 tbsp olive oil, plus a little extra for drizzling

200g quinoa

4 tbsp natural yogurt

1 tbsp tahini

juice 1 lemon

85g toasted flaked almonds

85g shelled pistachios

10 dried apricots, sliced

handful mint leaves, roughly chopped

1 Heat oven to 220C/200C fan. Toss the squash and onions with 2 tbsp oil in a large shallow roasting tin. Season and roast for about 30 mins, shaking the tin once or twice, until the squash is tender.

2 Cook the quinoa following pack instructions. When cooked, run under cold

water and thoroughly drain.



3 Stir together the yogurt, tahini, most of the lemon juice and some seasoning to make a sauce. Mix the quinoa with the nuts, dried apricots, mint and some seasoning in a large bowl, then add the remaining lemon juice, drizzle with a little oil and stir well. Scatter over the squash and onion mix and serve with the yogurt sauce.

PER SERVING 662 kcal • protein 23g • carbs 62g • fat 36g • sat fat 5g • fibre 10g • sugar 29g • salt 0.2g >>





Couscous & falafel salad with minty yogurt

SERVES 4 PREP 15 mins NO COOK  

300g couscous
300ml hot vegetable stock
250g tub olives and vegetarian feta
 in olive oil
1 heaped tbsp harissa paste
2 x 200g packs falafel
290g jar roasted red peppers, drained
 and thinly sliced
FOR THE YOGURT
300g fat-free yogurt
bunch mint, roughly chopped



1 Put the couscous in a large bowl and pour over the stock. Cover with cling film and leave for 5 mins to swell. Drain the olives and feta, reserving some of the oil. Stir most of the harissa into the couscous with the reserved oil, then season.

2 Tip the couscous onto a platter and scatter over the falafel. Pile the peppers, olives and feta to one side. Mix the yogurt and most of the mint with some seasoning in a small bowl, ripple through the rest of the harissa, and scatter over remaining mint. Serve with the salad.

PER SERVING 540 kJ • protein 18g • carbs 60g
 • fat 25g • sat fat 4g • fibre 7g • sugar 9g • salt 2.9g



Lentil rice salad with beetroot & feta dressing

SERVES 2 PREP 15 mins COOK 10 mins  

2 beetroots (use different colours if you like), peeled and cut into wedges
100g baby carrots
2 tbsp sherry vinegar
1 tsp Dijon mustard
1 tbsp extra virgin olive oil
small bunch mint, few leaves picked and remaining chopped
pinch of sugar
250g pouch cooked basmati rice
400g can cooked Puy lentils,
 drained and rinsed


2 tbsp hazelnuts, toasted and roughly chopped
2 tbsp crumbled vegetarian feta

1 Cook the beetroots in a pan of boiling water for 5-6 mins until just tender but still with a bite; add the carrots for the final 2 mins. Whisk together the vinegar, mustard, olive oil, chopped mint and sugar, and season.

2 Put the rice and lentils in a bowl. Add the carrots and beetroots, then pour over the dressing and toss to combine. Transfer to a serving platter and sprinkle over the hazelnuts, feta and mint leaves to serve.

PER SERVING 496 kJ • protein 16g • carbs 57g
 • fat 23g • sat fat 5g • fibre 8g • sugar 8g • salt 1.3g

Herby feta & nectarine salad with lemon dressing

SERVES 4 as a main, 6 as a side **PREP** 20 mins
COOK 5 mins **EASY** 

200g green beans, trimmed

3 ripe nectarines, halved, stoned and chopped into chunks

1 cucumber, halved lengthways, seeds scooped out with a teaspoon, thickly sliced on the diagonal

1 red onion, thinly sliced
small bunch mint, leaves picked
small bunch dill, very roughly chopped
small bunch coriander, very roughly chopped

200g pack good-quality vegetarian feta
FOR THE DRESSING

juice 1 lemon

1 tbsp white wine vinegar

1 tbsp sugar

2 tbsp olive oil

1 First, make the dressing. Combine the lemon juice, vinegar, sugar and oil with

some seasoning. Lightly toast the poppy seeds in a small frying pan.

2 Bring a saucepan of water to the boil. Add the beans and cook for 2-3 mins until just tender but still with a bit of crunch. Drain and cool under cold running water, then drain again and pat dry with kitchen paper.

3 Just before serving, tip the beans, nectarine chunks, cucumber, onion and herbs onto a big salad platter or bowl. Finely crumble over the feta. Toss everything together.

PER SERVING (4) 271 kcal • protein 12g • carbs 19g
• fat 17g • sat fat 8g • fibre 5g • sugar 18g • salt 1.9g >>

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**cover
recipe!**



Side salads

With a good potato salad and a couple of easy dishes up your sleeve, you'll always have a great side to serve with lunch or supper



Lettuce & fennel salad with orange & mustard dressing

SERVES 8-10 **EASY**

Quarter, core and finely shred **1kg young fennel**. Whisk together **6 tbsp orange juice** and **2 tbsp Dijon mustard** with **seasoning**, then whisk in **3 tbsp walnut oil**. Pour the dressing over the fennel and leave to marinate for up to 24 hrs. Tear **2 Cos lettuces** or **8 Little Gems** into bite-size pieces. Put in a large bowl, then tip in the fennel and dressing. Toss everything together and serve.

Slow-roasted tomatoes & rocket

SERVES 8-10 **EASY**

Heat oven to 140C/120C fan. Halve **20 medium tomatoes** and put on baking sheets, cut-sides up. Brush with a little **olive oil** and sprinkle with **seasoning**. Strip the leaves from a few **oregano sprigs** and sprinkle over

the tomatoes. Cook for 2-3 hrs until semi-dried. Leave to cool, then pack into a plastic container and chill for up to 24 hrs. To serve, scatter a **100g bag rocket** over a platter and arrange the tomatoes on top. Drizzle with a little **olive oil** and **balsamic vinegar**, then scatter over **2 tbsp toasted pine nuts**.

Summer potato salad

SERVES 6 **PREP** 15 mins plus cooling **COOK** 12 mins

EASY **LOW FAT** **GOOD 4 YOU**

750g new potatoes
75ml buttermilk
2 tbsp light mayonnaise
1 tbsp Dijon mustard
1 tbsp white wine vinegar
1/2 tsp caster sugar
100g radishes, sliced
1 tbsp poppy seeds
20g pack mustard cress

1 Put the potatoes in a pan of salted water, bring to the boil, then simmer for 12 mins until cooked through. Drain and cool.

2 Whisk the buttermilk, mayonnaise, mustard, white wine vinegar and caster sugar with seasoning. Once the spuds are cool, toss with the buttermilk dressing, the sliced radishes and poppy seeds. Sprinkle over the mustard cress to serve.

PER SERVING 119 kcals • protein 3g • carbs 21g • fat 3g • sat fat 1g • fibre 2g • sugar 3g • salt 0.4g

5 VERSATILE DRESSINGS

Whisk in a small bowl or add the ingredients to a clean screw-top jar and shake before serving. Each **SERVES** 4

Maple & mustard

WHISK TOGETHER **2 tbsp maple syrup**, **6 tbsp olive oil** and 1 heaped tsp **wholegrain mustard** with a little seasoning.

PER SERVING 183 kcals • protein none • carbs 8g • fat 17g • sat fat 2g • fibre none • sugar 7g • salt 0.1g

Garlic & buttermilk

Whisk **1 crushed garlic clove** with **150ml buttermilk**, **2 tbsp white wine vinegar** and **seasoning**. *Chill until ready to use.*

PER SERVING 17 kcals • protein 1g • carbs 2g • fat none • sat fat none • fibre none • sugar 2g • salt 0.1g

No-oil honey & lime

Whisk **3 tbsp lime juice**, **1 tsp lime zest**, **1 tbsp honey** and **2 tbsp white wine vinegar** with some **seasoning**.

PER SERVING 20 kcals • protein none • carbs 5g • fat none • sat fat none • fibre none • sugar 5g • salt none

Chilli oil vinaigrette

Whisk **6 tbsp chilli oil** with **3 tbsp red wine vinegar** and a pinch of **chilli flakes**, if you like it hot.

PER SERVING 150 kcals • protein none • carbs none • fat 17g • sat fat 2g • fibre none • sugar none • salt none

Herby vinaigrette

Whisk **6 tbsp olive oil** with **2 tbsp red wine vinegar** and **1 tsp Dijon mustard**. Add **2 tbsp chopped chives**, **parsley** or **mint** and stir well.

PER SERVING 155 kcals • protein none • carbs none • fat 17g • sat fat 2g • fibre none • sugar none • salt 0.2g



10 ways to be a greener cook

It's easy to become a more eco-aware cook – little changes can make all the difference, explains Caroline Stacey.

1 SHOP LOCALLY

Shop little and often, so you needn't drive to the supermarket every week. Street markets are cheaper than supermarkets, butchers have traceable meat and a better range of economical cuts, and buying from independent local shops keeps the money circulating in the community. Visit greenchoices.org/index.php/eating-habits for more suggestions.

2 EAT SEASONALLY

Half of the food we eat is imported, and food miles contribute to carbon emissions. The greenest food is locally grown organic, but after that, go for locally grown and seasonal food. And find your nearest farmers' market (farmersmarkets.net). A weekly delivery of locally grown veg is a great way to get greens, and in an environmentally friendly way, too.

3 SEND PLASTIC PACKING

Take a reuseable shopping bag wherever you go so you can say 'no' to plastic bags. Packaging accounts for a third of our household waste, and a sixth of the average home's food budget. So choose loose produce or ask for fruit and vegetables in a paper bag instead of a bulky punnet.

4 GROW YOUR OWN

All you need is a window box or some pots to give yourself a supply of herbs, which look pretty and save you money on expensive little packs. The same goes for baby salad leaves, rocket and tomatoes. Take advantage of nature's generosity and find food for free.

Pick pesticide-free blackberries and elderberries.

5 COOK CLEVERLY

Keep lids on pans for quicker, more energy-efficient cooking. Don't

put small pans on big burners – you'll just waste heat. Boil water for veg in the kettle – it uses half as much energy as a pan. A pressure cooker saves time and preserves nutrients. Cook two or three things at once in a stacking steamer. Make stews, sauces and bakes in bulk for future use.

6 MAKE WATER WORK

Set the dishwasher to eco programme and only use when the machine is full. Banish bottled water – keep a jug of tap water in the fridge. Water plants with the contents of the washing-up bowl.

7 BE THRIFTY IN THE KITCHEN

If you stop bulk-buying, there will be less to go off – but the really skilled cook is ingenious with leftovers. Buy a whole chicken instead of portions, and get three family meals from it. Make stock with the bones for soups, sauces and risotto. Fry up surplus spuds; whizz veg into a soup; freeze egg whites. Stale bread? You've got crunchy croutons or breadcrumbs. Finally, eat less meat. A third of the world's grain is fed to livestock, which makes animal protein extravagant to produce, so treat it as a luxury.



8 DON'T CHUCK, MAKE MUCK

If you can't reuse jars, plastic takeaway containers and yogurt tubs, recycle glass, paper, card and plastic. Turn fruit and veg peelings into compost or, if you're short on space, consider a wormery.

9 SAVE ENERGY

If you're thinking of getting a new fridge, make sure it's as energy efficient as it can be. (The best new models use a third of the electricity that a 10-year-old one does and could pay for themselves in fuel savings.) New or old, a clean fridge is up to 20 per cent more efficient than a dirty one. Clean round the back – dusty elements use up to 30 per cent more energy. It takes more energy to work an over-filled fridge, but do keep your freezer full (with crumpled newspaper if necessary), as it's more energy efficient that way. Turn off the dishwasher before it reaches the drying cycle, opening the door so the contents dry themselves (greenconsumerguide.com rates dishwashers and fridges and freezers for energy efficiency).

10 BE A GREENER CLEANER

Swap cleaning products that may contain harmful phosphates and chlorine for refillable, environmentally friendly brands. Or, go back to old-fashioned combinations of vinegar, salt, lemon juice, bicarbonate of soda, and soap. They can tackle grease, disinfect and give the fridge a sparkle. Avoid using disposable kitchen towels; use a washable cloth instead. Visit lowimpact.org/factsheet

Goodness in a glass

Cool down with these fruity juices and smoothies – they are perfect for escaping the summer heat with, whilst also consuming your vitamins.

Peach Melba smoothie

SERVES 2 PREP 5 mins NO COOK

EASY LOW FAT VIT C 2 OF 5 A DAY

Drain and rinse a **410g can peach halves** and place in a blender with **100g frozen raspberries**. Add **100ml orange juice** and **150ml fresh custard** and whizz together.

Pour over **ice**, garnish with another spoonful of custard and a few raspberries. Best served chilled.

PER SERVING 159 kcals • protein 4g • carbs 30g • fat 2g • sat fat none • fibre 3g • sugar 29g • salt 0.1g

Brain-boost smoothie

SERVES 1 PREP 5 mins NO COOK

EASY VIT C CALCIUM FOLATE 2 OF 5 A DAY

Put **85g strawberries**, **1 small banana**, **100g natural yogurt**, **1 tbsp Nutella** and **1 tbsp smooth peanut butter** in a blender and mix until smooth.

Add **1 tsp flaxseed oil** and **50ml semi-skimmed milk**, give one final whizz to fully combine, then serve.

PER SERVING 398 kcals • protein 13g • carbs 42g • fat 20g • sat fat 6g • fibre 3g • sugar 40g • salt 0.4g

Exercise shake

SERVES 1 PREP 5 mins NO COOK

EASY LOW FAT FOLATE 2 OF 5 A DAY

Put **150ml pomegranate juice** and **125ml soya milk** in a blender with **2 ice cubes**. Blend until the ice has broken down.

Add **1 large banana**, peeled and cut into chunks, **30g tofu** and **1 tsp honey**. Blend until smooth.

Pour into a chilled glass and garnish with **1 tbsp flaked almonds**.

PER SERVING 366 kcals • protein 10g • carbs 55g • fat 12g • sat fat 1g • fibre 4g • sugar 50g • salt 0.1g

Breakfast shake

SERVES 1 PREP 10 mins plus soaking NO COOK

EASY LOW FAT FIBRE CALCIUM IRON FOLATE 1 OF 5 A DAY

Place **50g rolled oats**, **50g raisins**, 4 pitted, chopped **dates** and **175ml semi-skimmed milk** in a small jug. Cover and leave to soak for 2 hrs, or ideally overnight.

Add **150ml natural yogurt** and blend in a liquidiser or with a hand blender until smooth and thick. Pour into a glass and sprinkle with **1 tsp wheatgerm**.

PER SERVING 763 kcals • protein 28g • carbs 131g • fat 12g • sat fat 6g • fibre 12g • sugar 105g • salt 0.6g

Berry & almond milk smoothie

SERVES 1 PREP 5 mins NO COOK

EASY LOW FAT VIT C FIBRE 2 OF 5 A DAY

Put **1 medium banana**, peeled and cut into chunks, **140g frozen berry mix** and **175ml almond milk** in a blender. Blitz until smooth. Serve in a chilled glass.

PER SERVING 213 kcals • protein 4g • carbs 39g • fat 4g • sat fat none • fibre 7g • sugar 34g • salt 0.4g



Peach Melba smoothie

Recipes ALLY BRIGHT | Photograph GARETH MORGANS | Food styling LIZZIE HARRIS | Styling MORAG FAROUHAR



Berry & oat smoothie

MAKES 4 **PREP** 5 mins **NO COOK** **EASY**

Whizz **450g frozen berries**, **450g fat-free strawberry yogurt**, **100ml milk**, **25g porridge oats** and **2 tsp clear honey** in a blender or smoothie maker until smooth. Divide between glasses and drink immediately.

Dairy-free super blueberry smoothie

MAKES 1 **PREP** 5 mins **NO COOK** **EASY**

Whizz together **50g blueberries**, **1 small ripe banana**, **1 tbsp coconut oil**, **1 tbsp hemp seeds**, **1 tbsp chia seeds**, a pinch of **cinnamon** and **250ml almond milk**. Top with a pinch more cinnamon and enjoy.

For Lemon spritzers: Recipes SARAH COOK | Photographs PHILIP WEBB

Melon spritzers

SERVES 6 **PREP** 20 mins **NO COOK**

EASY before adding lemonade

500g honeydew, Galia or cantaloupe melon chunks (or a mixture), plus some melon balls to serve (optional)
zest and juice 2 limes
100ml cloudy apple juice
200-250ml chilled white wine
chilled lemonade, crushed ice and a few bamboo skewers (optional), to serve

1 Put the melon chunks in a blender or food processor with the lime juice and apple juice. Whizz to the smoothest you can get, then stir in the lime zest. Cover and chill until ready to serve.

2 To serve, pour the melon mixture into a big jug with the wine, then add an equal part of lemonade and give it a good stir. Thread a few melon balls onto skewers, if you like, add one to each glass with some crushed ice, and top up with the Melon spritzer.

PER SERVING 62 kcal • protein 1g • carbs 8g • fat none • sat fat none • fibre 1g • sugar 8g • salt 0.1g >>



Blueberry milkshake

MAKES 2 PREP 5 mins NO COOK **EASY** 

In a blender, whizz **100g blueberries**, **2 tbsp maple syrup or honey**, **2 tsp vanilla extract**, **200ml milk** and **2 large scoops vanilla ice cream**. Pour into milkshake glasses and enjoy with a straw.

PER SHAKE 245 kcal • protein 6g • carbs 35g
• fat 8g • sat fat 5g • fibre 1g • sugar 32g • salt 0.2g



Gooseberry & mint lemonade

MAKES 700ml (about 11 servings once diluted)

PREP 15 mins plus cooling COOK 10 mins

EASY **LOW FAT** **GLUTEN FREE** 


250g caster or granulated sugar
3 large lemons, plus more to serve
350g gooseberries, topped and tailed, then halved
mint leaves from 3 sprigs, plus extra to serve
ice and sparkling water, to serve

1 In a large pan, gently melt the sugar in 250ml water. Meanwhile, using a

vegetable peeler, pare away a few long strips of lemon zest. Squeeze the juice to give about 100ml.

2 Add the zest, juice, gooseberries and mint leaves to the pan, and bring to a simmer. Cook for 5-10 mins until the gooseberries are very soft, then mash with a potato masher and leave to cool. Strain through a sieve, pressing the flesh well to extract the juices, then chill thoroughly.

3 To serve, dilute 4 tbsp of the lemonade base with 100ml sparkling water (or to taste), adding extra ice, lemon and mint.

PER SERVING (11) 103 kcal • protein none • carbs 26g • fat none • sat fat none • fibre 1g • sugar 26g
• salt none 

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The thrifty 50

Every month the average family throws out about Dhs300 of uneaten food. Here the experts share their top tips on how to cut costs in the shops and at home.

Bag a bargain

• Take time to browse

Supermarkets put the most tempting products at eye level, so look at all the shelves. Fiona Beckett, author of *The Frugal Cook* and the *Beyond Baked Beans* series, loves spotting a bargain but knows they're rarely put right in front of you. 'Cheaper own-brand products are usually on the bottom shelf,' she says.

• **Weigh up the cost** Fruit and veg prices can be confusing. It's hard to compare loose and pre-packed items, as some are priced individually and others by weight.

Don't be afraid to pop them on the scales - if available - and get into the habit of weighing as you go when you cook, so you start to learn the rough weight of an orange, carrot, onion etc. Armed with this knowledge, you can work out the better deals.

• **Don't be fooled** Keep a clear head when it comes to two-for-one and other offers. It's only a bargain if you need it. The Love



Food, Hate Waste campaign (lovefoodhatewaste.com) works with supermarkets to encourage them to consider the offers they make.

• **Wise buys** It makes sense to enjoy an offer if you can use up the ingredients. Fruit juice is often a prime example - why not freeze what you're not using and turn it into ice lollies.

• **Bulk buy** Take advantage of bulk product offers - as long as they are non-perishables. Toiletries are ideal to stock up on when being sold in multiples.

Before you hit the shops

- **Get organised** Make a list before going out. It does take time but will cut down on unnecessary buys.
- **Think beyond supper** Plan your packed lunches for the week when doing a big shop - it will save you a lot of money in the long run.
- **Stock up on basics** Do monthly shops of the basics, like pasta, rice, pulses, cereal and frozen goods. Then each week you'll just need to pick up a few fresh ingredients.
- **Check what you have** Before doing your weekly shop, take note of the supplies you already have - especially those cans lurking at the back of the cupboards.
- **Plan ahead** If you often need to pop out for odd items you've run out of, add them to your shopping list for next week - this will help you avoid the trap of impulse buying.



Don't shop hungry!

Do not to shop for food when you're feeling peckish. You are much more likely to be tempted by items you don't need if your tummy is grumbling as you walk up and down the aisles.

The big freeze

❄️ **Fabulous fish** Frozen fish is often much cheaper than fresh. Plus, if you stock up on prawns and fish fillets, you only defrost what you need as you go, thereby avoiding waste.

❄️ **Freeze ahead** Julia Falcon, from Love Food, Hate Waste, says make maximum use of your freezer, especially if you're a smaller household that doesn't buy better-value large packs. 'Buy chicken breasts in larger packs, wrap extras individually, then freeze for later.'

❄️ **Versatile veg** Frozen veg is a great way to buy out-of-season produce. Bags of mixed frozen veg are also a handy standby for turning leftover pasta or rice into a kids' lunch or supper.

❄️ **Fantastic fruit** Frozen fruit makes fabulous homemade smoothies, which work out far cheaper than shop-bought.

3 ways to use up bread

• **Clever crumbs** Use your food processor to make breadcrumbs from old, but not stale, bread.

Brilliant for using to top gratins, fried to sprinkle over pasta or mixed with herbs to make stuffing. Breadcrumbs also freeze beautifully.

• **Pudding on ice** No time to make a Bread & butter pud but have slices to spare? Freeze them until ready to make (defrost before use).

• **Turn it into another dish** Slice leftover baguette and bake to make crostini, or cut ciabatta into chunks and bake to make croutons for sprinkling over soup and salad. All can be stored in an airtight container for a week. >>

Storecupboard stars

• **Bean feast** Dried pulses are the cheapest way to buy them, but it's worth keeping cans of pulses in your cupboard for quick chillies and soups.

• **Quick supper ideas** Along with your basic supply of pasta, rice and other storecupboard staples, stock up on spices, curry pastes and canned fish. You'll always have instant meals and won't need to hit the shops. Visit bbcgoodfoodme.com for ideas for quick, delicious storecupboard suppers.

Waste not

• Lovely leftovers

Use up veg in a big roasted vegetable casserole. It's just 15 minutes of chopping, then bung it in the oven and forget about it. It's also a brilliant way to cook in bulk as a couple of roasting tins can hold miles more than a saucepan or two.



Try it curry-style - potatoes, onions, cauliflower and peppers tossed with curry powder and a drop of oil, then roasted until tender - 30-40 minutes. To finish, throw in canned tomatoes and put it back in the oven until hot. It's great with rice or naan and easily frozen - or turn it into soup with some stock.

Don't throw out cooked veg either - instead stir it through couscous or pop into a pitta with houmous for a quick lunchtime snack.

• **Use up soft fruit** Make a red fruit jelly and throw in handfuls of raspberries. The kids absolutely love it!

• **Buy a whole chicken** Ask your butcher to joint it for you, as

ready-prepared meat is sold at a premium price - or watch the step-by-step video on bbcgoodfood.com showing how to joint a chicken at home.

• **Pick a whole lettuce** Bagged leaves are expensive and quickly go limp if left in the fridge. Peel leaves off a whole lettuce as you need them.

• **Butcher's tip** Cheaper cuts are a good choice. Don't be afraid to ask your butcher what's on offer. It comes as a surprise to many that the cheaper cuts are often the tastiest - give them a try.

• **Make the most of forgotten jars** Find new ways of using up those half-empty jars that get pushed to the back of the fridge. Mango chutney stirred into warm, cooked lentils makes a lovely side dish to serve with fish.

Small is bountiful

Look out for smaller versions of normal-size loaves. There's no point in having a large one if you never use it all.

Follow these anti-waste tips:

• **Keep track** Try not to store food in deep cupboards - kitchen shelves should be just two cans deep, making it easy to see what you have - otherwise items tend to be forgotten and expire.

• **Think ahead** Have leftovers in mind when you cook and make sure you've got the ingredients to turn them into a meal when you do a weekly shop.

• **Don't dismiss economy lines** You may think that by buying the prettiest packaged tin on the shelf you're helping make your meals tastier - but you're not. Many store-own brands are just as good as the media-supported brands. Try them next time you shop.

• **Grow your own herbs** They're fresher and cost far less than supermarket packs. Plus, you can grow the ones you cook with the most - or more unusual, hard-to-find herbs like chervil, fresh oregano and purple basil.

• **Use plastic storage** It's more economical than tin foil and cling film, but check that you can use your plastic containers in the dishwasher, microwave and freezer before you buy them. Or why not re-use ice-cream and margarine tubs. Even little plastic takeaway containers are good for chilling small portions of leftovers.

• **Organise your kitchen** Keep similar jars, cans or bags of food in a rough date order from front to back of your shelves and fridge, then shuffle replacements to the back of the queue when you unpack your shopping bags.

Think before you bin

Cooking and freezing things such as fish pie or lasagne is so handy. Why not try freezing batches of mashed potato, white sauce or tomato sauce, too? It's a great way of ensuring that potatoes, cheese, milk or a glut of tomatoes never go to waste.

3 ways to use up roast chicken

• HOMEMADE POT NOODLE

Fry slices of **bacon** until crisp, then stir in **frozen peas**, shredded **chicken**, cooked **noodles**, a little **stock** and a splash of **Worcestershire sauce**.

• **STUFFED PEPPERS** Mix diced, cooked **chicken** with cooked **rice**, a little **salsa** and some chopped **spring onions**. Stuff into halved **peppers** and top with grated **cheese** before roasting at 200C/180C fan for 15 mins.

• CHICKEN CLUB

Shred cooked **chicken** and layer with **coleslaw**, **ham** and **lettuce** in toasted **bread**. **P**



Kitchen aid

• **Save your tomatoes** Putting tomatoes in the fridge may seem like a sure way to keep them fresher for longer, but think again. One of the most common food storage mistakes is keeping tomatoes in the refrigerator. Keep that at room temperature and out of direct sunlight.

• **Be inventive**

Use a passata machine to purée unwanted fruit and veg before it goes off. Apples are particularly good and there's no need to core them. Soften first in the microwave for 5 minutes.

• **Make the most of stick blenders** Use them to make an effortless soup from leftover veg or whizz up canned chickpeas with lemon juice and garlic for deliciously cheap homemade houmous. They're also great for quick milkshakes and homemade smoothies made with frozen fruit.



• **Worth the investment**

A KitchenAid mixer may come with a price tag, expensive, but it's worth the investment - especially for making your own cakes and bread.



• **Be aware of wastage**

Give clear bin bags, or trash cans a try. If you're able to see what you're throwing away, it may encourage you to be less wasteful.

• **Watch your portions** It's easy to over-estimate when cooking pasta. Check out the portion control calculator on lovefoodhatewaste.com to work out how much you need.

• **Slow cooker v pressure cooker** The jury is still out on slow cookers - the Good Food team thinks it's as easy to pop a casserole in the oven. But a pressure cooker saves energy as well as time, ticking all the boxes.



• **Pad out posh muesli**

Try putting half a box of fruit and nut-packed muesli into a plastic container, then topping it up with plenty of great-value oats. Give it a shake and it lasts twice as long as a normal box.



Try a mini chopper

You'll be able to grind just the right amount of spices, nuts and coffee beans you need. The Kenwood Mini Chopper, from Lakeland is ideal for doing this.

In your kitchen

• **Look for new recipe ideas**

If you often have ingredients left over from your veg box, why not change your order to fortnightly? Ask your provider for more menu ideas or visit bbcgoodfoodme.com.



• **Extend your food's**

shelf life As soon as you get back from the shops, remove food from plastic wrap and trays - it keeps much longer when stored on a plate covered with cling film. Wrap herbs in damp kitchen paper and keep in the bottom of the fridge.



• **Store food correctly**

With 16% of all veg and salad being thrown away, correct storage is key. Veg that's hidden at the bottom of the fridge can be easily forgotten.



• **Eat up before bin day**

Research by Love Food, Hate Waste found that bin day is often the same day as shopping day. Loads of past-it's best food gets thrown out when the new, attractive stuff gets home.

The solution? Make a meal the night before bin day that uses up all your random bits and bobs. [EAT](#)



How to throw a fabulous party

Lights, canapés, aperitifs! Happy hostess Debora Robertson shares her 25 top tips for a successful gathering. It's as much about the mood as the food.

Be good to your guests

1 A warm welcome is everything. Within five minutes of arriving, every guest should be liberated from their coat, have a drink in their hand and have been introduced to other guests. If you can't do this yourself, delegate 'arrivals' to your partner or a friend.

2 Keep it fresh. At a drinks party, change the music and bring out a new drink or canapé every 30 minutes or so. At a dinner party, that old trick of getting every second person to move around with each course keeps everyone lively.

3 Flow is important. Make sure drinks and food tables aren't right by the entrances to rooms – and, ideally, not next to each other, or you'll create bottlenecks.

4 Sort out your music beforehand. Create a playlist for the beginning of the party and another one or two to shift the mood later in the evening.

5 Friends often bring flowers, but that lands you with the task of putting them in water when you have plenty to do already. Have a vase or two ready, and make a mental note that when you're next a guest, to send flowers before or after the event, when they can be best appreciated.

6 Others bring wine, which may or may not go with what you're eating – and might be a very good bottle, which would be wasted on barbecued meat. If in any doubt, and unless your friends have chosen something specifically for this occasion, thank them effusively and explain that you'll save it for later when you can really enjoy it.

Setting the scene...

7 For tablecloths, I use antique French linen bedsheets picked up on holidays or from eBay, or lengths of fabric, either in strong, plain colours, stripes, checks or florals. I don't bother to hem them as no one notices. Recently, I used a massive roll of brown paper to cover 15 trestle tables at a large party, decorated with masses of little jam jar posies and tea lights – it looked beautiful.

8 Pretty table linen can set the mood, but for large parties, cloth napkins are a lot of work and an unnecessary expense. Silver Arcade Linen Dubai (www.satlinen.com), offers a wide range of table linens, in all shapes, sizes and colours. You can also have your linens customised to fit your colour scheme and furniture size. Other stores that offer linens include Lakeland and Ikea, at affordable prices.



9 Flowers add to the atmosphere, but I avoid strong scents, with the exception of herbs. Sometimes I put small pots on the dining table, choosing herbs I've used in the food. Small thyme, mint, rosemary and sage plants, tucked into pretty pots or teacups, look very chic.

Main photograph, on p17, taken from A Lot on Her Plate by ROSIE BIRKETT (HARDIE GRANT) photographs Helen Cathcart, Getty, Per Magnus Persson/STOCK FOOD

10 Lighting is very important.

If you can, fit a dimmer switch in the kitchen - where most parties start and end - so you have enough light to cook by, but can then turn down later (to up the atmosphere). I put candles and white fairy lights everywhere - there is no cheaper or quicker way to make rooms look pretty - but always white and never scented, otherwise they will interfere with the flavours of the food. Be careful where you place your candles, and keep them well away from loose fabrics and out of draughts. >>



What's on the menu?

11 **When you're cooking for a crowd,** don't make too many fiddly things, as it looks bitty and uncoordinated. Make a big green salad and perhaps three to five other dishes, displayed on large platters. Add bread, cheese, fruit and one or two puddings, and you have a feast.

12 **A few nibbles make people feel welcome and take the edge off pre-dinner cocktails.**

Houmous, olives and nuts can be made more special with a few easy revamps. Decant houmous into large bowls, trickle over some good olive oil, toasted pine nuts and add a few pinches of smoked paprika and/or cumin. Toss olives, again in olive oil, to which you've added a few gratings of fine lemon zest, chopped fresh thyme and a pinch of chilli flakes. Blanched almonds are delicious tossed in oil and toasted in the oven until just golden, about 8-10 minutes at 180C/160C fan, sprinkled with flaky sea salt and finely chopped rosemary - serve warm.

13 **For a sit-down dinner,** make it easier on yourself by avoiding recipes that say 'serve immediately', and forget about three-plated courses. Have canapés with drinks, then go straight into the main event, ideally a dish that you can make ahead, such as a slow-cooked joint of meat or casserole garnished with fresh herbs. Finish with a simple dessert, like a tart or ice cream and fresh berries for pudding. Don't feel ashamed about buying the tart - just source a good one. There are no prizes for cooking everything from scratch.

14 **For drinks parties,** lay out platters of cold meats and cheeses, some nuts and olives, and allow about five more substantial canapés per person for a two-hour party. Don't serve everything at once, which will help create a happy buzz. Make sure that you have lots of small cocktail napkins, and delegate someone to collect up stray napkins and cocktail sticks to keep everything neat.



Drink dos and don'ts

15 **For soft drinks,** I like the idea of a punch, but you need a lovely bowl, plenty of glasses and time to attend to it, to keep it full all evening. For something easier and a bit different, I love San Pellegrino's sparkling citrus drinks. They're light, refreshing and come in pretty cans and bottles. All you need to do is provide ice (see tip 17), some glasses and possibly some straws.

16 **There are all kinds of** equations that tell you how much drink you need for how many people, but only you know how thirsty your friends are (mine are quite thirsty, generally!). It also depends on whether or not you're providing cocktails, beer and other drinks. When it comes to wine, caterers work to a rough estimate of half a bottle per person - plus a bit.



17 **Never run out of ice!** You can buy huge bags from most supermarkets or, if you are having a very large party, consider a delivery service of ice, directly to your house - save yourself the time and hassle.



18 **A mocktail or two is cheering,** but there is no need to provide a full bar menu. Here is a fantastic idea I picked up from the Australian domestic goddess Donna Hay, which gives people something to talk about and loosens everyone up. Create a corner somewhere with all that you need to make one or two simple cocktails or mocktails. Write the ingredients and instructions on a card and get your guests to fix their own. Enlist a friend to keep an eye on the area, to make sure it remains well stocked and neat. For summer parties, I love the inexpensive Portuguese concoction of white Port & tonic – fill a tumbler with ice, add a wedge of lemon or orange, pour in a slug of white Port and top up with tonic. Drink and repeat.

19 **The day before:** Do the shopping; put your playlists together; lay the table and rearrange any furniture; prepare as much of the food as you can; tidy up but don't get obsessive about it – a roomful of people hides a multitude of sins.

Plan, plan, and check again

20 **On the day:** In the morning, make room in your coat cupboard or on hooks in the hallway for guests' coats, and collect spare hangers; chill drinks; make sure you have enough ice; arrange flowers and candles on the table(s); double-check your planning lists and timetable.

In the afternoon, check that your bathrooms have extra rolls of loo paper and fresh hand towels; do last-minute food prep such as washing salad and making dressings; arrange drinks tables; bring cheeses out of the fridge a couple of hours before serving.

Take it outdoors

21 **The same planning and prepping rules for indoor parties apply –** plus fill the garden with jam jars twinkling with tea lights (include a few anti-mozzie citronella ones). Make sure you have chairs and tables dotted about for those who want them, although heaps of rugs and cushions create a relaxed tone.

Get the help you need

22 **Hiring glassware means one less thing to worry about.** There are numerous companies across Dubai, and the Middle East, who hire out not only glassware, but entire tableware and dining ware sets. Not only do you not have to worry about expensive breakages, you won't have to do the cleaning up.

23 **You can't do it all yourself and have a good time –** also there's nothing more dampening to the party spirits than a martyr fiddling over the perfect garnish. So if you're entertaining any more than a dozen or so, consider hiring some help. A reasonably reliable teenager (your own or someone else's) is often all it takes. Make sure that they know exactly what you expect, from topping up drinks to tidying away dirty plates and glasses, washing up, putting things through the dishwasher and hanging up coats.

The practical stuff


24 **Make sure you have plenty of the following:** bin bags • washing-up liquid • clean tea towels • dishwasher liquid • long matches for lighting candles • cork screws • bottle openers • loo paper.

25 **And finally...** Parties aren't about perfection. The napkins and the curtains don't have to match the flowers which matched the cocktails. That's no fun at all! Give your friends something to eat, something to drink, and let the good times roll. [EAT](#)

Budget dinner party

Having friends over for dinner and looking to impress, without breaking the bank? Give these dirham-saving recipes a go!

Prosciutto & celeriac twists

MAKES 20 PREP 20 mins NO COOK **EASY** **P** 

- 2 tsp Dijon mustard**
- 1 tsp white wine vinegar**
- 1/2 tsp walnut or vegetable oil**
- 50ml double cream**
- 1/4 celeriac**
- small handful flat-leaf parsley, finely chopped**
- 5 slices prosciutto or Bayonne ham**

1 Whisk together the mustard, vinegar and oil in a small bowl until well combined. Stir in

the double cream. Peel the celeriac and cut into really fine strips using a mandolin or very sharp knife. Cut into matchsticks about 5cm long. Mix into the dressing along with the parsley.

2 Cut each prosciutto or ham slice in half down the middle, then cut each piece lengthways so that you have 4 small strips. Place 1 tsp of the celeriac mixture onto each strip, then roll up tightly. Secure each strip with a toothpick, put on a plate and leave in the fridge until ready to serve. *Can be made a few hours ahead.*

PER TWIST 25 kcs • protein 1g • carbs none • fat 2g • sat fat 1g • fibre 1g • sugar none • salt 0.3g

Menu for 4

- * Prosciutto & celeriac twists
- * French-style chicken with peas & bacon
- * Squashed rosemary potatoes
- * Hazelnut meringue stacks

Squashed rosemary potatoes

SERVES 4 PREP 15 mins COOK 1 hr **EASY** **V** 

750g salad or new potatoes

1 1/2 tbsp olive oil

lots of little rosemary sprigs

sea salt, to season

1 Heat oven to 200C/180C fan. Boil the potatoes for 10 mins until tender, then drain. Drizzle half the oil over a flat, sturdy baking tray or ovenproof dish and arrange the potatoes on it.

2 Using a potato masher, squash a sprig of rosemary into each potato so the masher leaves its mark and the potatoes split around the edges. Drizzle with the remaining oil, season with sea salt and roast for 50 mins or until golden around the edges.

PER SERVING 169 kcs • protein 3g • carbs 30g • fat 5g • sat fat 1g • fibre 2g • sugar 2g • salt 0.05g





French-style chicken with peas & bacon

SERVES 4 **PREP** 10 mins **COOK** 35 mins **EASY** **P**

6 rashers smoked streaky bacon, chopped
8 boneless, skinless chicken thighs
2 garlic cloves, thinly sliced
1 bunch spring onions, roughly chopped
300ml hot chicken stock
250g frozen peas
1 Little Gem lettuce, roughly shredded
2 tbsp crème fraîche

1 In a large frying pan, dry-fry the bacon over a medium heat for 3 mins until the fat is released and the bacon is golden. Transfer the bacon to a small bowl, leaving the fat in the pan. Add the chicken and brown for 4 mins each side.

2 Push the chicken to one side of the pan. Tip in the garlic and spring onions, and cook for 30 secs, just until the spring onions are bright green. Pour in the chicken stock, return the bacon to the pan, cover and simmer for 15 mins.

3 Increase the heat, tip in the peas and lettuce, and cook, covered, for 4 mins until the peas are tender and the lettuce has just wilted. Check the chicken is cooked through. Stir in the crème fraîche just before serving.

PER SERVING 379 kcals • protein 51g • carbs 7g
 • fat 16g • sat fat 7g • fibre 4g • sugar 3g • salt 1.6g

Hazelnut meringue stacks

MAKES 4 **PREP** 25 mins **COOK** 2 hrs 15 mins

MORE OF A CHALLENGE

4 large egg whites
1 tsp lemon juice
100g golden caster sugar
100g icing sugar, plus extra for dusting
50g hazelnuts, ground in a food processor
150ml whipping cream
cocoa powder, for dusting
FOR THE HAZELNUT PRALINE
100g golden caster sugar
100g hazelnuts
FOR THE CHOCOLATE SAUCE
50g golden caster sugar
50g cocoa powder
50g dark chocolate, finely chopped

1 Heat oven to 120C/100C fan. Whisk the egg whites with the lemon juice until soft peaks form. Add the caster sugar and continue whisking until stiff. Add the icing sugar and ground nuts, then gently fold through until evenly combined. Line **2** baking trays with baking parchment. Pipe or spoon out 12 x 7cm rounds of the meringue mixture onto the trays. Bake

for 1½-2 hrs until crisp outside but still soft in the centre. Leave to cool.

2 To make the hazelnut praline, warm a small heavy-based pan over a medium heat. Add the sugar and cook until it melts and turns a rich caramel colour (don't stir as the sugar will crystallise). Add the hazelnuts and carefully swirl around the pan for about 2 mins (be careful, the sugar is very hot) until caramelised and brown. Pour the mixture onto a tray lined with baking parchment. Leave to cool.

3 To make the chocolate sauce, heat together the caster sugar and cocoa powder with 75ml water until boiling. Add the chocolate, remove from the heat and whisk well until smooth.

4 To serve, whisk the cream until soft peaks form. Finely chop the cooled praline by hand or in a food processor. Stir most of it through the whipped cream, setting a little aside. Put a meringue on each of 4 serving plates and top with a little of the cream. Add another meringue and more cream, followed by a final meringue. Dust with icing sugar and cocoa powder, and top with some of the reserved chopped praline. Spoon around some chocolate sauce to serve.

PER STACK 876 kcals • protein 10g • carbs 110g • fat 47g • sat fat 15g • fibre 4g • sugar 103g • salt 0.29g **BT**



James Martin's Dhs 30-a-head feast

James Martin, host of BBC One's Saturday Kitchen in the UK, creates a fabulous dinner party menu that will impress your friends – without having to blow the budget.



You might think in my world it's all premium steak and fancy canapés, but cooking on a budget is a subject close to my heart – even more so since I've been helping the British National Health System to improve hospital food in my BBC One series, *Operation Hospital Food*. It's possible to create delicious meals without spending a fortune. Just stick to ingredients that are in season, so cheap and plentiful, and be imaginative. For example, apple 'matchsticks' elevate a simple soup to something worthy of a smart restaurant.

BUDGET **SPECIAL**

Great value menu for 8

- Cauliflower & apple soup
- Chicken & cider fricassée with parsley crôûtes
- Individual rhubarb ripple Pavlovas



Cauliflower & apple soup

Take two classic British ingredients and whip up a light, fresh soup.

SERVES 8 PREP 5 min COOK 25 mins **EASY** **V**
CALCIUM FOLATE FIBRE VIT C 3 OF 5 A DAY GLUTEN FREE

50g butter

4 onions, thinly sliced

1.5kg cauliflower (about 2 large cauliflowers), broken up into very small florets

8 eating apples – 6 cored, peeled and chopped, 2 unpeeled and cut into matchsticks (mix with a squeeze of lemon juice to stop going brown)

2 vegetable stock cubes, or gluten-free alternative, crumbled

1.5 litres pints milk

8 tbsp single cream

olive oil, for drizzling

a few thyme sprigs, leaves picked

1 Melt the butter in a saucepan, add the onions and fry gently until softened. Add the cauliflower and diced apple and fry for 5 more mins. Add the stock cubes and milk and bring to the boil, then reduce to a simmer and cook for 5 mins, or until the cauliflower and apples are tender.

2 Use a hand blender or liquidiser to purée the soup until smooth and season (the soup can now be chilled for up to 48 hours or frozen, just reheat to serve). Divide into bowls and swirl 1 tbsp cream in each along with a drizzle of oil. Top with the apple matchsticks and thyme.

PER SERVING 284 kcals • protein 15g • carbs 27g
 • fat 13g • sat fat 8g • fibre 7g • sugar 24g • salt 1.1g



**Chicken & cider fricassée
with parsley croûtes,
recipe p58**

Chicken & cider fricassée with parsley croûtes

Chicken cooked this way, with tarragon and white wine, is a dish I've always loved. Swap the wine for cider and it transforms it into something quintessentially English.

SERVES 8 **PREP** 10 mins **COOK** 2 hrs 20 mins

A LITTLE EFFORT **1 OF 5 A DAY** **P** **GLUTEN FREE** **VEG**

- 2 tbsp olive oil
- 2 whole chickens (1.5-2kg each), each jointed into 8 pieces, or 16 bone-in chicken pieces
- 300g smoked streaky bacon, chopped
- 2 onions, finely chopped
- 2 carrots, finely chopped
- 2 celery stalks, finely chopped
- 500g pack chestnut mushrooms, quartered
- 4 tbsp plain flour
- 500ml bottle dry cider
- 1.5 litres chicken stock
- 5 sprigs thyme
- 2 bay leaves
- 150ml double cream
- 2 tbsp English mustard
- small pack tarragon leaves, chopped
- FOR THE CROUTES**
- large pack curly parsley, leaves very finely chopped, stalks reserved for the chicken
- 100ml olive oil
- 1 baguette, sliced into rounds

- 1** Heat the oil in your largest flameproof casserole or deep pan. Season the chicken and brown in batches. Transfer to a plate. Reduce the heat and add the bacon to the pan. Fry until golden and crisp, then set aside with the chicken. Add the onions, carrots, and celery to the pan, scraping up any browned bits with a wooden spoon. Fry over a low heat until soft and starting to brown.
- 2** Add the mushrooms and continue to cook for a further 4-5 mins. Stir in the flour until it disappears, then stir in the cider and stock and bring to the boil, scraping any bits stuck to the bottom of the pan. At this stage, if you haven't got enough room to add back all the chicken and bacon, split the sauce between two pans.
- 3** Tie the thyme, parsley stalks (from amount used for croûtes) and bay leaves



together with kitchen string (in two bunches if you've had to split the sauce) and add to the casserole along with the chicken and bacon. Bring to a simmer. Cover and cook for 1 hr 15 mins until the chicken is tender and coming away from the bone.

4 Carefully lift out the cooked chicken and cover with foil to keep warm.

Discard the herbs. Turn up the heat and simmer the remaining liquid until reduced by about half.

5 Meanwhile, make the croûtes. Heat oven to 220C/200C fan. In a small bowl, mix together the parsley leaves, oil and plenty of salt and pepper. Dip one side of each baguette slice into the mixture to coat, then place, herb-side up, on a baking tray and bake until golden, about 15-20 mins.

6 Add the cream, mustard and tarragon to the sauce and season to taste. Return the chicken to the casserole and warm through. Serve with the croûtes and your favourite seasonal vegetables.

PER SERVING 836 kcs • protein 56g • carbs 31g • fat 52g • sat fat 14g • fibre 4g • sugar 8g • salt 2.9g

Individual rhubarb ripple Pavlovas

SERVES 8 **PREP** 15 mins **COOK** 1 hr

A LITTLE EFFORT **1 OF 5 A DAY** **GLUTEN FREE** **VEG**

- 800g rhubarb stems, cut into small batons
- 200g caster sugar
- 2 vanilla pods, split in half lengthways
- 600ml pot double cream
- FOR THE MERINGUE**
- 5 large free-range egg whites, at room temperature
- 300g caster sugar
- 2 tsp cornflour

1 Heat oven to 140C/120C fan. Line two large baking sheets with non-stick baking parchment. Draw eight circles, 6-8cm in diameter, on the parchment, then flip over. In a large bowl, whisk the egg whites until stiff peaks form. Gradually whisk in the sugar until thick and glossy, then the cornflour. Pile the meringue in soft swirls onto the marked circles on the baking parchment, then bake on the lowest shelf for 1 hr until crisp on the outside and dry underneath. Cool, then gently peel off the paper. *Can be made up to a day in advance, just store in airtight containers.*

2 Place the rhubarb batons in a large pan along with the sugar, vanilla and about 200ml water. Bring to a gentle simmer, then cook very gently until just soft. Discard the vanilla. Remove the rhubarb from the pan, reserving the cooking liquid. Purée half of the fruit with a hand blender or liquidiser, then strain into a bowl through a fine mesh sieve.

3 Reduce the rhubarb cooking liquid until thick and syrupy. Leave rhubarb and syrup to cool (*can be made up to 2 days ahead and chilled until needed*).

4 To serve, whip the cream until it just forms peaks. Carefully ripple the rhubarb purée through the cream. Plate each meringue and spoon on some of the rhubarb rippled cream. Top with the remaining batons and spoon some of the rhubarb syrup on top and around the plate.

PER SERVING 636 kcs • protein 4g • carbs 65g • fat 40g • sat fat 25g • fibre 2g • sugar 65g • salt 0.2g **VEG**

Individual rhubarb ripple
Pavlovas, recipe p58



Ice cream, anyone?

Why not try whipping up your own ice cream treats at home?

Affogato al caffè
(Vanilla ice cream
& coffee)

MAKES 6 **PREP** 5 mins plus freezing **NO COOK**



Several hours in advance, lay **12 scoops good-quality vanilla ice cream** on a freezer-proof tray and put the tray back in the freezer.

To serve, put balls of ice cream into 6 small glasses or bowls, and pour a shot of **hot espresso coffee** over each. Serve straight away, stirring the vanilla ice cream into the hot coffee so that it melts a little.

PER SERVING 107 kcs • protein 2g • carbs 11g • fat 6g • sat fat 4g • fibre none • sugar 11g • salt 0.1g



For Affogato al caffè and frozen blackberry fool: Recipes BARNEY DESMAZERY | Photographs MYLES NEW | Food styling SARAH COOK | Styling MARY CADOGAN



Frozen blackberry fool

SERVES 6 PREP 10 mins NO COOK **EASY** **1 OF 5** **A DAY**

300g blackberries
juice 1 lemon
85g golden caster sugar
300ml double cream
shortbread biscuits, to serve

Mash most of the **blackberries** with the **lemon juice** and half the **sugar**. Whip the cream with the remaining sugar. Fold the whipped cream and blackberry mix together to make a mauve cream, then tip into a freezer container and freeze until set. Serve in scoops in glasses, with the **shortbread** and remaining blackberries on the side.

PER SERVING 475 kcal • protein 2g • carbs 26g
 • fat 40g • sat fat 25g • fibre 3g • sugar 26g • salt none



Crushed raspberry creams

SERVES 4 PREP 10-15 mins NO COOK **EASY** **LOW** **FAT**

50g golden caster sugar
2 x 125g punnets raspberries
200g tub half-fat crème fraîche
150g tub Total 0% Greek yogurt
3 meringue shells, either bought or homemade, broken into large pieces

1 In a small bowl, stir a sprinkling of the sugar in with the raspberries, crushing

them very slightly as you stir, but still leaving them more or less whole. In a separate bowl, fold the crème fraîche and yogurt together with the remaining sugar and the meringue pieces.

2 Divide the raspberries among 4 small glasses, top with the creamy meringue mixture. The raspberry pots can be eaten straight away or will keep in the fridge for up to 4 hrs.

PER SERVING 214 kcal • protein 7g • carbs 31g • fat 8g • sat fat 5g • fibre 2g • sugar 25g • salt 0.23g >>



Eton mess parfait with berry sauce

SERVES 6 **PREP** 15 mins plus freezing

284ml pot double cream
200ml pot Greek yogurt
4 small meringues, crumbled
 (shop-bought is fine)
200g strawberries, hulled and chopped
2 tbsp lemon curd
200g ripe raspberries and strawberries,
 halved, for topping
For the sauce
150g punnet raspberries
150g punnet strawberries
2 tbsp icing sugar
1 tbsp lemon juice

1 Line 6 x 150ml ramekin dishes with cling film. Lightly whip the cream, then fold in the yogurt, meringues and strawberries until well combined. Fold in the lemon curd to give a soft marbled effect.

2 Spoon into the prepared ramekins and freeze for 2-2½ hrs or until semi-frozen. Meanwhile, make the berry sauce. Tip the raspberries and strawberries, icing sugar and lemon juice into a food processor and blend to a purée. Pass the sauce through a sieve to remove the pips, then set aside.

3 To serve, turn the semi-frozen parfaits out onto serving plates and remove the cling film. Arrange the halved strawberries and raspberries on top of the parfaits. Serve with a drizzle of berry sauce.

PER SERVING 576 calories • protein 7g • carbohydrate 43g • fat 43g • saturated fat 24g • fibre 3g • added sugar 28g • salt 0.21g

Redcurrant sorbet

MAKES 4 small portions **PREP** 15 mins **COOK** 25 mins plus freezing **EASY** **LOW FAT**

450g redcurrants, plus extra for decoration

2 tbsp elderflower cordial

140g golden caster sugar

1 Remove redcurrants from stems, wash and put in a pan with 2 tbsp water. Bring to the boil, lower the heat, cover and simmer for 5 mins until softened. Push the currents through a sieve to make a purée. Stir in the elderflower cordial and set to one side to cool.

2 Put the caster sugar in a pan with 300ml water and leave over a low heat for 5 mins until the sugar dissolves. Raise heat and boil for 10 mins.

3 Tip redcurrant mixture into syrup and mix. Return to the boil, turn down and simmer for 2 mins. Cool, pour into a container and freeze for 3-4 hrs until frozen. Scoop into glasses and top with redcurrants.

PER SERVING 178 calories • protein 1g • carbohydrate 46g • fat none • saturated fat none • fibre 4g • added sugar 41g • salt 0.01g



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These chic ices make a delicious alternative to dessert for a dinner party or summer gathering.

Pimm's ice lollies, recipe p66

Recipes EDD KIMBER | Photographs STUART OVENDEN | Food styling SARAH COOK | Styling JENNY IGLEDEN



Lime & coconut, recipe p66

Mango, chilli & tequila,
recipe p66

Apricot, cardamom & pistachio,
recipe p66

Pimm's ice lollies

MAKES 10 x 80ml lollies **PREP** 15 mins plus 4 hrs freezing **NO COOK** **EASY** **LOW FAT** **VIT C** **GLUTEN FREE** 

500g strawberries, hulled and halved lengthways
10 min t leaves
75ml Pimm's
200ml lemonade
100g golden caster sugar
20 thin slices of cucumber, cut into quarters

1 Put the strawberries and mint leaves in a blender and process until smooth. Pour the strawberry mixture through a fine mesh strainer to remove the seeds. Add the Pimm's, lemonade and sugar, stirring together until combined and the sugar is dissolved.
2 Divide the cucumber pieces between a 10 x 80ml ice lolly mould (see below right for where to buy) and pour over the strawberry mixture, dividing equally

between the cavities. Put the mould in the freezer and chill for 30-45 mins or until just starting to freeze. Insert lolly sticks (see below right for where to buy) and leave to freeze for at least 4 hrs or until frozen solid.
3 To remove the ice lollies, dip the mould in hot water for a few seconds, then carefully remove the lollies to serve.

PER LOLLY energy 78 kcals • fat none • saturates none • carbs 14g • sugars 14g • fibre 1g • protein 1g • salt none

Apricot, cardamom & pistachio ice lollies

MAKES 10 x 80ml lollies **PREP** 20 mins plus 4 hrs freezing **NO COOK** **EASY** **GLUTEN FREE** 

20 apricots (approx 750g), peeled, halved and stoned
100g clear honey
50g golden caster sugar
1 tsp ground cardamom
75g pistachios, finely chopped

1 Put the apricots in a blender and process until smooth. Pour the mixture through a fine mesh strainer, measuring out 500ml of purée. Add the honey, sugar, 100ml water and the cardamom, and mix together until smooth and evenly combined.
2 Divide the mixture between the 10 cavities of your ice lolly mould. Put the mould in the freezer and chill for 30-45

mins or until just starting to freeze. Insert the lolly sticks and leave to freeze for at least 4 hrs or until frozen solid.

3 To remove the lollies, dip the mould in hot water for a few seconds, then carefully remove the lollies, dipping each into the chopped pistachios to serve.

PER LOLLY energy 122 kcals • fat 3g • saturates none • carbs 19g • sugars 18g • fibre 3g • protein 2g • salt none

Lime & coconut ice lollies

MAKES 10 x 80ml lollies **PREP** 10 mins plus 4 hrs freezing **NO COOK** **EASY** **GLUTEN FREE** 

400ml can coconut milk
juice 7-8 limes (you need 150ml), zest of 2
140g golden caster sugar
1 tsp vanilla bean paste
100g sweetened desiccated coconut

1 Put the coconut milk, lime juice, half the zest, the sugar and vanilla bean paste in a large bowl, and mix together until smooth and well combined. Divide the mixture between the 10 cavities of your ice lolly mould and insert a stick into the middle of each (this mixture is thicker than the other lollies, so the stick can go in straight away). Freeze for at least 4 hrs or until frozen solid.

2 Put the desiccated coconut in a small dry pan over a medium heat and cook, stirring regularly, until lightly toasted. Tip onto a plate and mix with the remaining zest.

3 To remove the lollies, dip the mould in hot water for a few seconds, then carefully remove the lollies. Dip each lolly into the coconut mixture to serve.

PER LOLLY energy 199 kcals • at 13g • saturates 11g • carbs 17g • sugars 16g • fibre 2g • protein 1g • salt none

Mango, chilli & tequila ice lollies


MAKES 10 x 80ml lollies **PREP** 10 mins plus 4 hrs freezing **NO COOK** **EASY** **LOW FAT** **GLUTEN FREE**  

3-4 small ripe mangoes, stoned and peeled (you need 500g mango flesh)
juice and zest 2 limes
140g golden caster sugar
1/4 tsp hot chilli powder, plus extra to serve
50ml tequila

1 Put the mango flesh in a blender and process until smooth. Pour the purée through a fine mesh strainer. Add the lime juice, zest, sugar, chilli powder and tequila, and mix together until smooth and evenly combined.
2 Divide the mixture between the 10 cavities of your ice lolly mould. Put the mould in the freezer and chill for 30-45 mins or until just starting to freeze. Insert

the lolly sticks and leave to freeze for at least 4 hrs or until frozen solid.

3 To remove the lollies, dip the mould in hot water for a few seconds, then carefully remove the lollies. Sprinkle each one with a little extra chilli powder to serve.

PER LOLLY energy 103 kcals • fat none • saturates none • carbs 22g • sugars 22g • fibre 1g • protein none • salt none 

Want to make a big batch?

If you want to make more than 10 lollies but only have one mould, remove the lollies, wrap them individually in cling film and store them in an airtight container in the freezer. They will keep for up to one month, but are best eaten within two weeks.

Cool kit

You can find ice lolly moulds and wooden lollipop sticks at most large supermarkets. For unusual-shaped moulds and sticks, try lakeland.co.uk or amazon.com.

Kitchen notes

Nutrition advice, cooking tips and product picks for your pantry.



Aloe, aloe, aloe

It's time to say Alo to one of our new discoveries. Full of natural goodness and free of preservatives or additives, the thirst-quenching Aloe Vera

drink - Alo - is a must-try. Available in a range of flavours including Alo Exposed with honey and grape juice, Alo Allure with mango and Mangosteen and our favourite: Alo Comfort with watermelon and peach, the drink contains real Aloe Vera juice and pulp that is hand-picked from the brand's organic farm. Not only are these Aloe Vera beverages tasty, but they are also full of nutritional goodness and contain no GMO, plus they are both gluten- and fat-free. The drinks provide natural vitamins and amino acids for your body by helping to improve skin, aid with digestion problems such as IBS and supporting your joints. Head to nabdrinks.com to browse and order, or alternatively your nearest Park & Shop.

Versatile vinegar

This ingredient is a real all-rounder, and can do so much more than sprucing up your chips. To ensure your fruits and vegetables are squeaky clean, add two tablespoons of white vinegar to one cup of water to create a bacteria-killing wash for them. In order to keep your meat tender, add vinegar and a little oil to your existing marinade and allow it to absorb for two hours. If you've been chopping fruits that have stained your hands give them a wash with vinegar, this works a treat with berry-stained fingers. Also, to remove smells from your fridge, just pop a cup of apple cider vinegar inside and within two days you'll notice a drastic reduction in mustiness.



Look what we found! 3 great new products for your kitchen



Perfect for drinking on its own due to its subtle sweet taste, cooking porridge in or making smoothies with, almond milk is a great versatile addition to your kitchen. The milky drink is full of protein and low in calories, plus it's perfect for all the family! Dhs15 at Union Co-Operative Society.

Sourced from Saint-Galmier, this Badoit French premium natural sparkling mineral water begins its journey 153 metres below ground and acquires its sparkle as it journeys through the soil. Starting from Dhs5 for 33cl and Dhs7 for 75cl at various supermarkets.



Stock up on a selection of loose leaf tea and get brewing with this glass and stainless steel teapot. Simply drop your tea blend of choice into the infuser and watch as the perfect brew is made. Dhs145 at Lakeland.



Reader tip of the month



To make juicing lemons and limes easier, roll the fruit on a flat surface applying medium pressure slice it in half and squeeze. You'll get double to juice in half the time!

— Salma Hassan



Got a great tip you want to share?
Get in touch with us on facebook or twitter

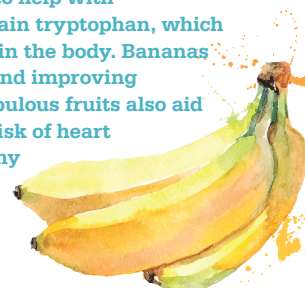


SMART FOOD SWAPS



Health update> GO BANANAS!

We can't get enough of bananas so it's just as well that this month, fans of the fruit can celebrate 'National Banana Lover's Day' on August 27. Apart from being a delicious, healthy and potassium-rich snack, bananas have countless benefits that you may not be familiar with. Cheery in colour and in nature, they are known to help with overcoming depression and anxiety as they contain tryptophan, which is converted into the 'happy hormone' serotonin in the body. Bananas are also perfect for conquering PMS symptoms and improving brainpower. Possibly most importantly, these fabulous fruits also aid with lowering blood pressure and reducing the risk of heart attacks and strokes according to the FDA. But why limit your love of bananas to just one day? Visit bbcgoodfoodme.com and see how you can incorporate bananas into a variety of recipes.



Passport to Marquis

"Dine and Celebrate"

Indulge in an array of cuisines and enjoy instant rewards when you dine at JW Marriott Marquis, Dubai.

From French fare at La Farine to sumptuous steaks at Prime68, there's a restaurant for everyone at JW Marriott Marquis Dubai.

The hotel is taking its culinary journeys to new heights by offering diners the chance to win a holiday abroad, along with a selection of other magnificent prizes that can be won when you dine at one of its eight participating restaurants from now until September 26, 2015.

Spend just Dhs200 per person per visit at Vault, Prime68, Izakaya, Tong Thai, Rang Mahal by Atul Kochhar, Positano, Kitchen6 or La Farine and you will be eligible to enter the competition. Guests will receive instant rewards after each visit, but you must dine at the hotel three times to be entered into the grand prize draw. Eight lucky winners of the grand prize will receive return flights and a three-night stay in a deluxe room (inclusive of breakfast and one dinner) for up to two people at participating Marriott hotels in Bangkok, Tokyo, Istanbul, Jaipur, Paris, Zurich, Venice and New York.

Other instant prizes, that can be availed during this exciting offer period, include a complimentary welcome drink for the table after your first visit, a Dhs250 voucher for HELVECO boutique on your second and on your fourth visit you'll be gifted with a complimentary stay in an executive room at the luxurious JW Marriott Marquis Dubai, plus the opportunity to double your chances of winning the grand prize on your fifth visit!

To participate in the Passport to Marquis competition, simply sign up with your name, email address and phone number when you arrive at any of the featured restaurants and upon spending Dhs200, you'll be eligible for instant rewards. So if you fancy jetting off to fabulous cities including New York and Tokyo or simply spending a dreamy staycation in JW Marriott Marquis Dubai, it's time to work up an appetite and start dining.



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- * RESTAURANT OF THE YEAR - ABU DHABI*
- * BEST NEW RESTAURANT - DUBAI*
- * BEST NEW RESTAURANT - ABU DHABI*
- * RESTAURANT OF THE YEAR - DOHA
- * BEST EUROPEAN RESTAURANT
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- * BEST STEAK HOUSE
- * BEST BRUNCH

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- * BEST CASUAL DINING RESTAURANT
- * BEST FOOD BLOGGER

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- * CHEF OF THE YEAR

HOME COOKING CATEGORY

- * FAVOURITE SUPERMARKET
- * FAVOURITE HEALTHY FOOD STORE/MARKET

- * FAVOURITE STORE CUPBOARD BRAND
- * FAVOURITE DAIRY BRAND

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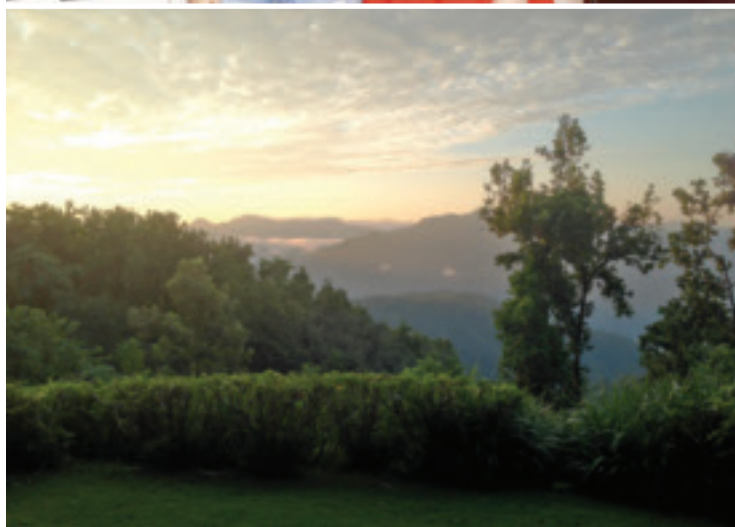
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Gourmet Lifestyle

Travel, global cuisines, health, interviews, kitchens and more



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'Our style is all about mixing colour and texture. Our cooking combines everyday ingredients with more unusual foods like maca powder and chlorella'



Jasmine (left) and Melissa in the kitchen of Jasmine's south London flat

MY KITCHEN

The Hemsleys

Holly Brooke-Smith discovers how sisters Jasmine and Melissa cook at home Photographs GEOFF WILKINSON

With their holistic attitude to food, health and wellness, bloggers Jasmine and Melissa Hemsley burst onto our radar last year with the publication of their debut cookbook, *The Art of Eating Well*. The sisters, who have championed the spiralizer kitchen gadget, bone broth and mindful eating, live near each other in south London. They spend a lot of time in Jasmine's kitchen creating recipes and working on their books.

How long have you lived here?

Jasmine: I moved in six years ago with my boyfriend, Nick, a photographer. We share it with two friends and their young son. Sometimes those

guys come down for breakfast and Melissa and I will be doing a photo shoot, or there'll be food all over the counter if we're testing – it can be chaos!

Describe the style of your kitchen

Jasmine: When we arrived, it was a beautiful, simple white shell with a built-in kitchen. We've managed to fill it up! It's really quite a mishmash of things from all over the place – we both like objects with character.

Melissa: We often photograph recipes in here and use lots of things from the kitchen in our social media photos and on our blog, hemsleyandhemsley.com. We deliberately wanted the kitchen to feel like 'I got this from my mum, this is from a car boot and this is from Ikea'.

How much time do you spend in here together?

Jasmine: When we were finishing our first book last year, we were in the kitchen all day, every day. We were editing huge sheets of paper – spread all across the floor and the tables.

Melissa: It was a case of shouting out 'Who's got the pudding section?' and there'd be a shout from one of us in the bathroom with it all laid out on the floor.

Have you always cooked?

Jasmine: I have, but Mel didn't start until she was in her twenties – and then she just totally aced it! It was great for me when Mel started to learn, because she'd ask me to explain food I'd always cooked and I had to think carefully about my recipes.

Melissa: And for me it was this wonderful reminder of how I really wanted to eat.

What's it like when you cook together?

Jasmine: It feels a bit like when we were little.

Melissa: You know – it's the same as how it feels when you're just hanging out with a friend in the kitchen.



'We bought all our cupboards on eBay - now there's masses of storage in here, which is great for all our plates and props'



'We spent three years looking for a sofa for this room, and fell in love with this bold pattern'

Jasmine: Somehow we've naturally divided the types of recipes we do between us - Mel will do the soups and stews and I'll mostly do the baking and puddings.

How did your business get started?

Melissa: We started our company about six years ago. We worked as private chefs for clients - cooking in people's homes and looking after their families through food.

Jasmine: Lots of the recipes in our book are based on dishes from that time. But nothing was written down, so we had to translate all these little notes stuck over the fridge into actual recipes.

How did your book originally come about?

Jasmine: Friends kept asking for foodie tips, like five easy things to do in a day, or which storecupboard ingredient makes a real difference to your diet.

Melissa: So we started a blog about four years ago, when blogging was really taking off. A lot of people think we came purely from a blogging background - but we'd been cooking for a long time before that. The blog was a sideline to share what we were already doing.

Jasmine: It's so satisfying to have built a bank of recipes on the blog - and it's a great place to explain what we do.

Describe your philosophy about food

Jasmine: It's important to explain how to feel good about food in the long term. Our

cooking is a mix of old-fashioned, warming and easy recipes - such as hearty batch cooking - as well as modern ideas like making courgetti.

Melissa: We combine all the fun, colourful superfoods with a traditional message about eating well. Like the idea of eating healthy fat, which is so great for your brain, body and hormones.

Where do you get your ideas?

Melissa: Lots of our recipes are completely original. So when we're writing, there's less of a framework to work against - we're inventing things!

Jasmine: It means our own recipes can surprise us. Sometimes I think I've nailed a method, and then I'll put what I've made in the fridge and it'll completely change overnight, so I need to start again.

Do you use unusual ingredients?

Jasmine: Most of our food is based on very simple ingredients like cauliflower, broccoli, watercress, eggs or bone marrow - things that aren't too difficult to find.

Melissa: Although we do use some more unusual food as well, as there's so much you can buy online now. Even supermarkets stock ingredients that were once really obscure, such as amaranth (a type of grain). We always say that if you can't find something in the supermarket, then it's important to ask. Or tweet them! Because if you don't let them know you're looking for it, they won't think about stocking it. 📧

GET THE LOOK



Vintage Locker Basket Unit, from ebay from Dhs4,000.



Wildflower dessert dish (set of 4), from Zara Home for Dhs169.



John Robshaw Nasir Square Cocktail Ottoman, from Bloomingdales Dubai for Dhs4,542.

BOIL YOUR BONES!

Jasmine explains why they call their recipe 'bone broth' - and why it's so good for you: 'The word stock has come to mean so many things in today's world. Stock can be a powdered cube - which has nothing to do with anything good for you - or it could be vegetable stock, pre-made liquid pouches or a processed jelly. But bone broth is a recipe in itself, made from bones and full of goodness. It's packed with nutrients, minerals, collagen and keratin, which is all amazing for your skin and digestion.'

'So yes, it's a stock, but it's a very specific stock. Comparing our bone broth and a stock cube is the equivalent to comparing a healthy smoothie with a sugary mango milkshake from the supermarket.'

'Our recipe for Nourishing bone broth is at the heart of all our cooking. It's a kitchen essential and we'd feel lost without it. It's simple, cheap to make and helps everything taste amazing. It can be flavoured with sliced onions, carrots and celery, but if you're frugal like us, you'll be keeping these vegetables for the final dish and throwing in the odds and ends instead. Save up your vegetable off-cuts when prepping recipes and stash them in the freezer or fridge, ready to use when you next make a big batch of bone broth.'



We made these for you!

**Get kids
cooking!**

BEFORE YOU START COOKING...

- Assemble all the ingredients and equipment you will need to make the recipes.
- Check that your child understands and knows about all the equipment and ingredients you will be using.
- Make sure your child washes his/her hands and wears an apron.
- Remember to wear oven gloves at all times when you are using the oven or handling hot dishes and utensils.
- Get everyone to help out with the clearing up and tidying away. It's just as important as the cooking and can be as much fun!

All these recipes from the Kids Cookery School are suitable for children aged five and above with adult guidance throughout.

Keep the kids entertained! Your children will enjoy making these simple supper dishes and treats, created and tested by the Kids Cookery School in London, UK.

Welsh rarebit muffins

MAKES 12 PREP 15 mins COOK 25 mins **EASY**

225g self-raising flour
50g plain flour
1 tsp baking powder
½ level tsp bicarbonate of soda
¼ tsp salt
½ level tsp mustard powder
100g strong cheese, half grated, half cubed
6 tbsp vegetable oil
150g Greek yogurt
125ml milk
1 egg
1 tbsp Worcestershire sauce

EQUIPMENT

Weighing scales, measuring jug, fork, 2 mixing bowls, 12 paper muffin cases, muffin tin, cheese grater, sharp knife, tablespoon, cooling rack

- 1** Heat oven to 200C/fan 180C.
- 2** Mix together the self-raising and plain flour, baking powder, bicarbonate of soda, salt and mustard powder in a bowl.
- 3** In a separate bowl, mix the cheese, oil, yogurt, milk, egg and Worcestershire sauce.
- 4** Combine all the ingredients and divide between the muffin cases in the muffin tin.
- 5** Place in the oven for 20-25 mins until golden. Remove and cool slightly on a rack.

PER SERVING 189 calories • protein 6g • carbohydrate 19g
• fat 11g • saturated fat 4g • fibre 1g • sugar 1g • salt 0.79g

Quick, easy snack





All the family will love these

Spicy meatballs

SERVES 6 PREP 15 mins COOK 20-25 mins **EASY**

500g minced chicken, turkey, lamb, or beef
1 medium onion, chopped
2 garlic cloves, crushed or chopped
2 tsp mild or medium curry powder
2 tsp ground cumin
1 tsp garam masala
1/2 tsp paprika or cayenne pepper
2 tbsp fresh coriander, chopped
1 egg, beaten
50g fresh breadcrumbs
1 tbsp oil

EQUIPMENT

Large mixing bowl, chopping board, sharp knife, teaspoon, baking tray, fork, wooden spoon, frying pan
1 Heat oven to 180C/fan 160C.
2 Put the mince into the mixing bowl. Add the onions, garlic, curry powder, cumin, garam masala,

paprika or cayenne pepper and coriander, then mix well. By adding these spices, you'll get a delicious flavour without having to add any salt.

3 Add the beaten egg and breadcrumbs, then mix again.

4 Divide the meat mixture into 15-18 even-sized pieces and shape into balls (they should be about the size of a walnut). Always wash your hands thoroughly after handling raw meat so you don't transfer any germs that may be on the meat to other food or equipment.

5 Heat the oil in the frying pan over a medium heat and add the meatballs using a spoon. Cook them for 5 mins, turning until golden brown. Remove from the pan and place them on to the tray. Bake in the oven for 15-20 mins.

6 Remove from the oven. Remember to use oven gloves! Allow to cool slightly and serve with a fresh, crisp green salad, some pitta bread and tomato salsa.

PER SERVING 173 kcalories • protein 23g • carbohydrate 10g • fat 5g • saturated fat 1g • fibre 1g • sugar 1g • salt 0.35g >>

TRY THIS VARIATION

Fry 2 sliced garlic cloves in a little olive oil and add a 400g tin of chopped tomatoes. Bring to the boil, then transfer to an ovenproof dish. Add your meatballs, cover them with sauce and bake in the oven for 40 mins-1 hr. Serve with rice or pasta.





Choose your own veg for the pie

Crumbly chicken & mixed vegetable pie

SERVES 4-6 **PREP** 30 mins **COOK** 45 mins **EASY**

1 onion
40g butter
100g button mushrooms
40g plain flour, plus extra for dusting
400ml milk, warmed
1 chicken stock cube or 400ml fresh chicken stock
pinch nutmeg
pinch mustard powder
bay leaf
250g cooked chicken
200g mix of sweetcorn, peas, chopped peppers, broccoli, carrots or other veg
250g shortcrust pastry
1 egg, beaten or milk, for glazing

EQUIPMENT

Medium-sized pan, wooden spoon, ovenproof pie dish (23cm across, 6cm deep), rolling pin, timer, weighing scales, fork, sharp knife, pastry brush

- 1 Heat oven to 200C/fan 180C.
- 2 Peel and chop the onion as finely as possible. Melt the butter in the pan over a medium heat. Add the chopped onion and leave to cook for 5 mins, stirring occasionally.
- 3 Finely slice the mushrooms and add them to the pan with the onions.
- 4 When the onions and mushrooms are almost cooked, add the flour to the pan and stir to make a

thick paste called a roux. Crumble the stock cube in and stir well.

5 Continuously stir the roux over a low heat for 2 mins to cook out the flour. This stops the sauce from having a starchy taste.

6 Slowly add the warm milk to the pan, stirring all the time. Once all the milk has been added, stir in the stock, season with salt, pepper, nutmeg and mustard powder. Add the bay leaf and bring to the boil, stirring all the time to stop the sauce becoming lumpy.

7 When the sauce has thickened, place on a very low heat. Chop the cooked chicken into even-sized pieces and add to the sauce.

8 Add your veg and pour into the pie dish.

9 Put the pastry on a clean, floured surface. Make sure you also dust the rolling pin with flour. Roll out the pastry, trying not to make any tears. Measure the pastry against the pie dish and once the pastry is slightly larger than the top, lift it carefully over the dish. It might be helpful to use the rolling pin to help you move the pastry.

10 Trim off the pastry hanging over the edge of the dish. Press the outside edge of the pastry with a fork or your fingers to make a nice pattern.

11 Brush the top of the pie with beaten egg or milk. Make a small hole in the centre of the pastry top to allow the steam to escape. You can use any leftover pastry to decorate the top of the pie with pastry shapes if you like.

12 Place the pie in the oven for 25 mins. It is ready when golden brown.

PER SERVING 583 kcalories • protein 27g • carbohydrate 48g • fat 33g • saturated fat 15g • fibre 3g • sugar 9g • salt 2.11g



No-bake orange cheesecake

SERVES 8-10 **PREP** 25 mins, plus chilling time **NO COOK**

EASY

15 digestive biscuits
6 tbsp butter, melted
400g curd or cream cheese
grated zest 3 oranges, save the segments for the decoration (see Know-how, right)
200g mascarpone cheese
100g caster sugar
3 tbsp milk
184ml pot double cream

EQUIPMENT

23cm cheesecake tin, 3 large mixing bowls, pan (to melt the butter), weighing scales, wooden spoon, whisk, tablespoon

1 Crush the biscuits roughly. You can either do this by putting them in a plastic food bag and crushing them with a wooden spoon or you can crumble them with your fingers.

2 Put the biscuits into a bowl and mix in the melted butter. Put the mixture into the tin and,



using your fingers or the back of a spoon to spread it evenly, press it down in the tin to form the base. Put the tin into the fridge to set. This should take about 30 mins.

3 Put the curd or cream cheese, orange zest, mascarpone, sugar and milk into a bowl and mix it well with the wooden spoon.

4 Put the cream in a clean bowl and whisk until it is the consistency of thick custard. Add to the orange mixture and mix thoroughly.

5 Remove the cheesecake tin from the fridge. Pour the filling over the biscuit base and spread evenly. Decorate with segments of orange and return to the fridge until ready to serve (at least 4 hours or overnight).

PER SERVING 630 calories • protein 11.5g • carbohydrate 43g • fat 47g • saturated fat 27g • fibre 2g • sugar 26g • salt 1.32g

KNOW-HOW

Ask an adult to help you segment the orange. Peel it, then use a sharp knife to cut down the side of each segment. Repeat all the way round until just the pith is left - do it over a bowl so it doesn't drip. You don't need the juice, but it is lovely to drink.



Better than shop-bought

Chocolate brownie cake

SERVES 6-8 **PREP** 15 mins **COOK** 30 mins **EASY**

100g butter
175g caster sugar
75g brown or muscovado sugar
125g chocolate (plain or milk)
1 tbsp golden syrup
2 eggs
1 tsp vanilla extract/essence
100g plain flour
½ tsp baking powder
2 tbsp cocoa powder

EQUIPMENT

20cm cake tin (greased and lined), pan, weighing scales, wooden spoon, tablespoon, small mixing bowl, fork, teaspoon

1 Heat oven to 180C/fan 160C.

2 Place the butter, caster sugar, brown sugar, chocolate and golden syrup in the pan and melt gently on a low heat until it is smooth and lump-free.

3 Remove the pan from the heat.

4 Break the eggs into the bowl and whisk with the fork until light and frothy.

5 Add the eggs, vanilla extract or essence, flour, baking powder and cocoa powder to the chocolate mixture and mix thoroughly.

6 Put the mixture into the greased and lined cake tin and place on the middle shelf of the oven. Bake for 25-30 mins.

7 Remove and allow to cool for 20-30 mins before cutting into wedges and serving.

8 Serve with cream or ice cream and plenty of fresh fruit.

PER SERVING 500 calories • protein 5g • carbohydrate 73g • fat 23g • saturated fat 13g • fibre 1g • sugar 59g • salt 0.5g

Himalayan holistic healing

Clean eating tailor-made to body types, yoga, meditation and a pristine natural setting come together to offer Ayurveda-inspired wellness in a spa retreat set amidst the mountains of northern India. By Sudeshna Ghosh.

“Namaskar”, the driver greeted us with a subtle bow of his head, as he helped us into the white SUV at Haridwar, which was perfumed with a delicate fragrance of lily and gardenia – a signature scent, I would learn later - that would transport us to Ananda in the Himalayas. This traditional Indian greeting and the floral fragrance were both things I would become very familiar with over the next few days, being as they were some of many subtle touches that come together to make the Ananda experience such a unique one.

Located a couple of hours' drive from the spiritually significant town of Haridwar in northern India, Ananda in the Himalayas has rapidly become one of the world's most lauded

destination spas; it has counted many celebrities including Oprah Winfrey and Bill Gates, as well as other Hollywood and Bollywood A-listers, among its guests, with other A-list names left undisclosed in the name of discretion.

With a three-pronged approach to wellness, focusing on Ayurveda, complemented by yoga and Vedanta, it enables healing of the mind, body and soul, using diet, therapies, exercise, and spiritual teachings as its tools.

Internalising a sense of wellness is easy in a location like this. The resort, built on a Maharaja's estate, with the restored former palace making up the main reception building, is set amidst a lush green valley at the foothills of the Himalayas. The tranquil setting combines with opulent yet understated regal luxury, and truly warm service for

which the tone is set as you drive into the grand palace lobby with a welcome drink, Rudraksh (Hindu wooden prayer beads) garland and the ubiquitous 'Namaskar'.

A sense of old world grandeur pervades the interiors, with polished green marble and rich wood décor, and windows in every single space – including bathrooms – that maximise the views of the sal trees cascading down the surrounding hillsides. The comfortably appointed rooms feature five-star luxuries such as signature Ananda toiletries and pillow menus, plus one extra amenity you'd be hard put to find anywhere else – white cotton kurta-pajama sets (traditional Indian pant suits) that are provided for guests for their use during their stay. The light, comfortable outfits are not only perfect for flitting in and out of



treatments and meditation sessions, but are also a great leveller – while their use is optional, most regular clothes don't see the light of day outside their cases, as almost everyone gets accustomed to wearing them early into their stay!

Personalised approach

On the very first day of a stay, guests' first port of call is an in-depth consultation with the Ayurvedic physician, which covers everything from dietary preferences and lifestyle to emotions and nature, to identify their individual constitution, and based on that, develop a personalised treatment plan that incorporates a healthy diet, spa treatments, and additional therapies as required.

Ayurveda is a centuries-old healing science according to which, each individual is classified into one of three main types or 'doshas' (vata, pitta, and kapha – every individual usually has all three doshas in them in varying degrees, but one is dominant) that determines what they should be eating, to maintain balance and good health. So, if a vatta type should be eating more sweet, sour and salty foods, a pitta is required to include more cooling foods in their diet, and so on (there are reams of text available to acquire a deeper understanding of Ayurveda should anyone be interested, but for most intents and purposes, the experts at Ananda are happy to hand-hold each person, guiding them towards just what their body needs). But, an understanding of what works comes gradually, with each mealtime, where the set wellness menu features dishes suited to each body type; interestingly, Ayurveda factors in personal tastes, likes and dislikes, which is a fundamental way of saying, it is important to listen to your body to work out what's good for you.

Dietary discoveries

While clearly light and healthy, the creative cuisine is undoubtedly delicious – think dishes such as tomato ragout filled grilled aubergine salad; stir fry vegetable & soba noodles with curry sauce; and beetroot carpaccio & cottage cheese dumpling served with lemon ginger honey dressing, pineapple and mint shooter. The focus is on vegetarian food, although fish and meats are also included, and numerous Indian herbs and spices, each with its own set of health benefits, are used generously and cleverly – even in international dishes. Each meal starts with a light palate cleansing shooter of subtly spiced watermelon juice, and a drink of dry spice mix stirred into warm water is meant to be sipped on, throughout the meal – it's not exactly vintage grapes, but it isn't hard to get used to, especially when you know it's good for you! >>

Surprisingly, however, alcohol isn't off-limits here, and not only is there a wine list, should someone wish it, but the restaurant's main menu (separate from the wellness menu) reads like a fine dining menu worthy of any luxury hotel. With most of the (organic, when possible) ingredients sourced from nearby local farms, and the menu featuring seasonal produce, whether it's a delicious warm goat's cheese salad with candied walnut, sundried tomatoes and organic greens; duo of lamb with caponata of bell peppers, aubergine and pommery mash; stir fried chicken with oyster sauce and rice wine; classic Indian curries or tandoori items; or Belgian chocolate and salted caramel fondant with chocolate soil and vanilla ice cream, these aren't the kind of dishes that you would typically find in a spa resort. The only difference is, everything here is given a slightly healthier twist, and a lighter touch, without compromising on their taste.

This, for me, is probably the best example of how wellness is approached here at Ananda – gentle nudges in the right direction, rather than being forced bootcamp-style into a strict regime. It's all there at your disposal – the food, the expertise, the treatments, there's even an array of wellness activities throughout the day to choose from, but no one is really forced into anything. More often than not though, the environment automatically induces a willingness to get into the spirit of things, so to speak.

So, a 7am start for yoga at the gorgeous Hawa mahal, a marble floored and fresco ceilinged outdoor pavilion with mountain breezes flowing through it, after a wakeup call with a detoxifying ginger-lemon drink, followed by a healthy breakfast of fresh fruits, homemade breads, jams and preserves, and hot dishes prepared a la minute, tail-ended by a lecture on principles of Vedanta, is what a typical morning could look like. The rest of the day follows a similar pattern, with individual treatments at the spa, punctuated by the free activities on offer (ranging from meditation, pilates, and stretching, to golf lessons, mountain hikes and cooking classes), and mealtimes – which means you can choose to have your schedule as busy or free as you like.

One must-do for anyone wanting to continue the wellness experience beyond the stay is the Ayurvedic rejuvenation cuisine culinary demo – a free activity in the purpose-built show kitchen area, in which a restaurant chef demonstrates easy recipes from the menu that help guests take home some useful know-how on Indian herbs and spices and simple tips on Ayurvedic cooking principles.

Packing it in with treatments is de rigeur, of course, especially with the diverse range of treatments on offer at the sprawling spa spread over 24,000 square feet. While Ayurveda remains at the

AYURVEDIC CUISINE 101

Ayurveda is a combination of two Sanskrit words - Ayu is life and Veda means knowledge.

According to Ayurveda, everything we consume through all of our five senses is food (for the body and soul), and imbalances in our food intake is what causes diseases. Therefore, Ayurveda focuses on prevention as much as healing in its approach to healthcare.

Food, in Ayurveda, is classified according to five properties – taste; elements (fire, water, earth and so on); whether it has a heating or cooling effect; post-digestive effect; and special properties. An Ayurvedic diet also factors in seasons, time of day, and lifestyle, alongside each individual's dosha. The three main doshas are:

- **Vata:** Air is the predominant element, people who are light, slim and governed by motion. Vata people should eat sweet, sour and salty foods that are warm. Hot beverages are recommended, and low use of spices.
- **Pitta:** They have more fire in them, and tend to be hot-headed with efficient digestion. They should eat more sweet, bitter and astringent flavours, focusing on cooling and refreshing foods, vegetarian food is preferred.
- **Kapha:** These people tend to have heavier bodies, and are earthier in nature, with a natural calmness and slowness. They should consume more spicy foods, and avoid cold, unripe and uncooked foods.

Ayurveda is a complex science, and the content shared here is purely for informative purposes. Please consult a qualified physician before undertaking any diet or lifestyle changes.



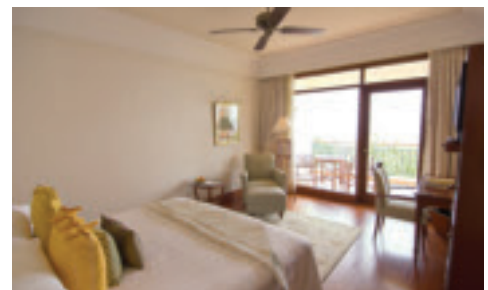
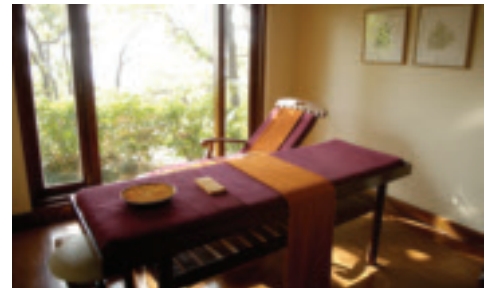


core of their offerings, delivered by passionate, expert therapists using authentic herbs and oils, the spa also offers a range of international therapies, from body scrubs and massages to facials, for those looking for a bit of pampering. The gentle strains of traditional chants and the fragrance of a million flower petals floating in bowls of water wafts through the air, while large brass oil lamps and water features come together to create a soothing atmosphere. Each treatment starts with a prayer ritual, and a foot bath in a bowl of pebbles (offering a kneipp pool-like sensation), whether it's a detoxifying and relaxing Abhyanga four-handed Ayurvedic massage, or a classic Swedish massage. Indigenous ingredients such as Himalayan salt and wild flowers are incorporated into many of the treatments, alongside traditional Ayurvedic remedies. The choice of therapies on offer is dizzying, but fortunately, those with specific goals are guided towards what is most suitable for them at the initial consultation. A selection of healing therapies such as reiki and crystal healing is also offered, while a roster of visiting wellness experts and special retreats is available through the year.

While the focus remains firmly on wellness, there are various little touches here that take

Ananda beyond the realm of just another spa resort where only health junkies are welcome – from the on-site par 3 golf driving range, to the daily afternoon high tea offering at the Palace drawing room (a throwback to the region's colonial past); from Indian dance performances at the little open-air amphitheatre, to the option of culturally immersive experiences such as a trip to the Ganges in nearby Rishikesh to view the Ganga Aarti (a daily sunset prayer ritual), the experience here is holistic in more ways than one. As suitable for a solo traveller seeking spirituality, as it is for a spa fiend dragging their reluctant husband along for a long weekend (that's where the golf and the wine list comes in!), a trip to Ananda is sure to leave a lasting impression.

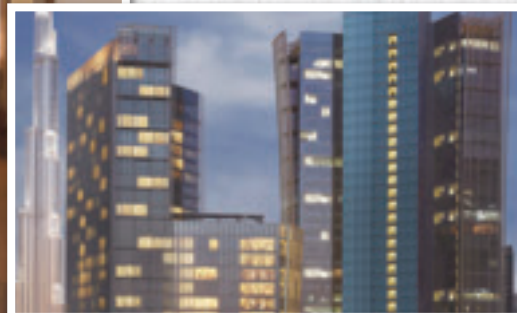
The tranquility here, amidst the undulating greens and ancient trees, soundtrack-ed by birdsong and the occasional cry of the resident peacock, is inescapable. Enhanced by the gentle, 'Namaskar'-peppered warmth of the people, the efficacy of even a single Ayurveda spa treatment, and above all, the light yet satisfying food, it is well nigh impossible to leave here not feeling rejuvenated, a little more 'well', and happier. Ananda, after all, means happiness in Sanskrit. [E!](#)



TRAVEL DIARY

GETTING THERE: The closest international airport is New Delhi, with several airlines offering daily flights between Dubai/Abu Dhabi and the Indian capital. From there, Ananda in the Himalayas can be reached via a short flight to Dehradun, or a six-hour train ride to Haridwar, followed by road transfers.

STAYING THERE: Various Wellness packages, ranging from Weight management, Detox and Ayurvedic rejuvenation to shorter Getaway packages are offered. Packages are usually a minimum of three nights and typically include meals and spa treatments (inclusions vary according to package). Prices start from about US\$400 per person per night; until September 30, UAE residents get a free night for packages of seven nights or more booked. Visit www.anandaspa.com.



Win!

A 2-night stay
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Enjoy a two-night serene staycation for two at The Oberoi, Dubai with complimentary food and spa treatments.

Discover downtown Dubai at The Oberoi, a chic and contemporary 5-star hotel located in Business Bay, just minutes away from The Dubai Mall - making it the perfect destination for a dreamy, stress-free break.

With a dazzling lobby, a multitude of dining outlets, over 250 rooms and much more, this promises to be a truly magical staycation. You will be treated to a premier room with warm oak wood furnishing, which offers breathtaking views of the Burj Khalifa and features specially-commissioned abstract décor.

After venturing out of your luxurious room, wander down to The Oberoi Spa and Wellness Centre – which uses only organic and chemical-free products – where you and your guest can unwind in the ambient facilities with a complimentary 60-minute spa treatment each to escape from the strains of city life.

In addition to this indulgent pampering, tuck into inclusive breakfast daily and a three-course dinner for two (excluding alcohol) at Ananta; the hotel's signature restaurant that captures India's rich culinary heritage and uses traditional cooking techniques.

The prize value offer worth over Dhs7,500 includes two nights of accommodation for two in a premier room with daily breakfast, along with a three-course meal for two at Ananta (excluding alcohol) and a 60-minute spa treatment for both guests. The winner will be chosen at the end of August. Prize must be availed by December 20 2015 subject to availability. Blackout dates and terms & conditions apply.

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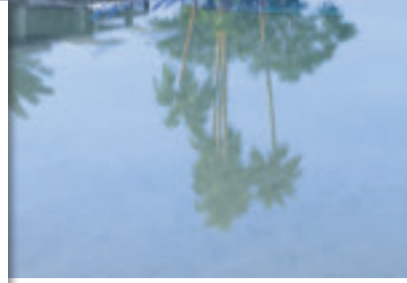
Log on to bbcgoodfoodme.com

to enter this competition and simply answer this question:

What is the hotel's signature restaurant called?



*Terms & conditions apply. Flights are not included in this prize. Employees of CPI Media Group are not eligible to enter. Winners will be selected on random basis from correct entries.



Jet off to Jordan for a two-night stay with a guest in a beautiful beach suite at Mövenpick Resort & Spa Dead Sea with complimentary breakfast and dinner buffet, along with two Zara Spa entrances per day.

Nestled in a village setting on the northern shores of the Dead Sea, the idyllic Mövenpick Resort & Spa Dead Sea makes for the perfect relaxing vacation.

Located a staggering 400 metres below sea level on the shores of the world's deepest salt lake, the hotel has 346 rooms and suites that are in the heart of an expansive tropical garden. You and your guest will be staying in a tranquil beach suite with a sea view, spacious king-sized bed and a terrace to take in the spectacular sights of the Dead Sea from.

The resort has been built to resemble a traditional two-storey village and was crafted using local stones, it also features the expansive Zara Spa spread over 6,000 square metres where you will both be treated to daily complimentary entry.

The resort also boasts three swimming pools, beach access and fitness facilities along with 10 food and beverage outlets to sample. During your stay you will also receive complimentary breakfast and dinner buffets daily.

The prize draw for a two-night stay for two people at the Mövenpick Resort & Spa Dead Sea worth Dhs7,500 will be made at the end of August 2015. The prize is valid until August 2016 and the winner must arrange their own transport to Jordan.

Scan this QR code to go straight to our website.

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to enter this competition and simply answer this question:

How many metres below sea level is the Mövenpick Resort & Spa Dead Sea located?



*Terms & conditions apply. Flights are not included in this prize. Employees of CPI Media Group are not eligible to enter. Winners will be selected on random basis from correct entries.

Competitions

Fabulous prizes, from dining vouchers to gourmet goodies, up for grabs.



WIN! A PLACE ON THE 'ACTIVE TO EXERCISE TO MUSIC' COURSE AND BECOME A QUALIFIED FITNESS PROFESSIONAL WITH PHOENIX FITNESS, WORTH DHS3,500

One winner will secure an exclusive place on this two-day practical course where you will

be taught the skills and knowledge to plan, create and teach inspiring 'Exercise to Music' classes. It will also provide entry onto the 'Register of Exercise Professionals as a Level 2 Group Fitness Instructor – allowing you to work in the fitness industry – additionally, you can learn to teach Les Mills classes including Body Pump, Body Balance and many more. Follow your fitness dreams with one of Dubai's most well-known group exercise instructors, Karen Gunning, who will put you through your paces during a fun and action-packed weekend from September 11-12, along with a one-day practical exam.

WIN! LUNCH VOUCHERS AT THE OBSERVATORY, DUBAI MARRIOTT HARBOUR HOTEL & SUITES, WORTH DHS1,000

A voucher for one winner and five guests will allow you to experience a delicious lunch menu surrounded by breathtaking views of Palm Jumeirah. Situated on the 52nd floor, the warm woods, natural lighting and modern décor of the restaurant create the perfect setting for a sophisticated afternoon gathering.



WIN! DINING VOUCHERS AT FLAVOURS ON TWO, TOWERS ROTANA, WORTH DHS760

One lucky winner and three guests can indulge in a tantalising Asian Twist Buffet at Flavours on Two.

With a delectable spread of oriental cuisine, diners will be spoilt for choice at this evening brunch where chefs will be recreating the finest Asian dining traditions and combining local and regional flavours using only the finest ingredients.



WIN! DINING VOUCHERS AT SUKOTHAI, LE MÉRIDIEN DUBAI, WORTH DHS500

One guest and a partner will be dining at Le Meridien's award-winning restaurant, Sukhothai. You will be treated to an ambient meal surrounded by traditional décor and hand-carved wooden interiors, while feasting on authentic Thai fare. Catering to all palettes with superb service, sample everything from salads and soups to tasty traditional curries and noodles.



WIN! DINING VOUCHERS AT MONTE CARLO STARS RESTAURANT, DUBAI MARINA, WORTH DHS400

One winner and guest will have the chance to experience Monte Carlo extravagance at the Monte Carlo Stars Restaurant. Offering appetising food and fun for everyone, it is the perfect venue in Dubai for sinking your teeth into delicious international and Lebanese cuisine – be sure to try the divine pastries and Arabic sweets for dessert.



WIN! A HAMPER OF JOOSED JUNIOR DRINKS, WORTH DHS350

One lucky winner will enjoy a hamper overflowing with Bensons refreshing and healthy Joosed junior drinks. These British-made refreshments have recently been launched in the UAE, and contain no added sugar or sweeteners. The beverages come in delightful flavours including apple, blackcurrant, and orange.

To stand a chance to win these prizes, visit our competitions page on www.bbcgoodfoodme.com, or simply scan this QR code with your mobile to go directly to the website, and answer the simple questions.

*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.



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Taste of the world

All the foodie news from around the globe.

A raw retreat

Asia's first classically structured, plant-based culinary academy has opened at Evason Hua Hin in Pranburi, Thailand, in partnership with Matthew Kenney Cuisine - a brand founded to meet the growing interest in living foods and the art of raw food preparation. Offering month-long courses, as well as weekday and weekend workshops, the new academic facility is surrounded by 20-acres of rich, manicured tropical gardens, lotus ponds and access to the best plant-based produce Thailand grows. Visitors here will be introduced to the use of whole, organic, unprocessed plant-based foods to achieve healthy, aesthetically refined and flavourful cuisine. All programs on offer to guests are structured to provide new techniques, which will enable them to execute and innovate raw and cooked plant-based cuisine at the highest level. When participating in the exclusive enrolment package, accommodation will be provided at the resort.



Enabling diners to experience true flavours of India outside of the country, Chef Sanjeev Kapoor's signature curries are being showcased at 'Signature by Sanjeev Kapoor' at Meliá Doha throughout August. With curry being considered the soul of Indian cuisine, the dining concept entitled the 'Month of Curries' was born, to take foodies on a culinary journey through India, whilst in Qatar. Educating patrons on the history of India's favourite dish, whilst delighting the senses with the smell of aromatic herbs and spices, the month-long initiative caters to every palate and presents an array of rich curries slowly chargrilled and served with appetising sauces - with a modern twist. This menu also includes Puliserry for vegetarians, Nihari for meat lovers and Yakhini for those who appreciate delicate flavours. Individual dishes start at QAR 99, whilst the curry-tasting menu is priced at QAR 199. Call +974-40199999.

London's a sole-full place

Joining the global fight against over-fishing, London-based fishery, SoleShare is reconnecting home cooks with the food on their plates once more - whilst also ensuring a fair price is given to responsible fishermen in the process. SoleShare allows Londoners to buy what fish is freshest each week from local fishermen - using a concept similar to the veg box scheme. It works simply by the customer registering with SoleShare, choosing how much fish they want, how often they want it, selecting their nearest pickup hub, then collecting their fresh catch. Starting from just £35 for two portions weekly for a month, it comes as no surprise that this sustainable initiative is gaining momentum. www.soleshare.net.

Balinese bliss

Culinary-minded couples looking for a gastronomic journey in stunning natural surroundings can now jet off to Banyan Tree Ungasan in Bali. Providing an insightful look into Balinese cuisine, couples can take part in hands-on cookery classes, and visit the local food market to select ingredients before learning secret techniques behind Indonesian cuisine with step-by-step tutorials on dishes such as sate lilit (minced chicken satay on a coconut skewer). Starting from Dhs2,400 per villa, the 'Sense of Romance' deal includes daily breakfast, a three-course dinner, a 90 minute couples spa retreat, transfers and more. The Balinese cookery class costs approx. Dhs344 per person for half a day including lunch. www.banyantree.com.



Text: SOPHIE MCCABRICK | Photographs: SHUTTERSTOCK



Flavored to Excite

It is an unusual spin-off the fusion menu as diners imbibe the spirit of adventure and innovation. At **The PIZZA Company**, tradition meets innovation ushering fresh taste and unique flavours on the good old grandma's secret recipe of pizza dough, giving you a Fun Pizza Experience. **Get into the Craze!**

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